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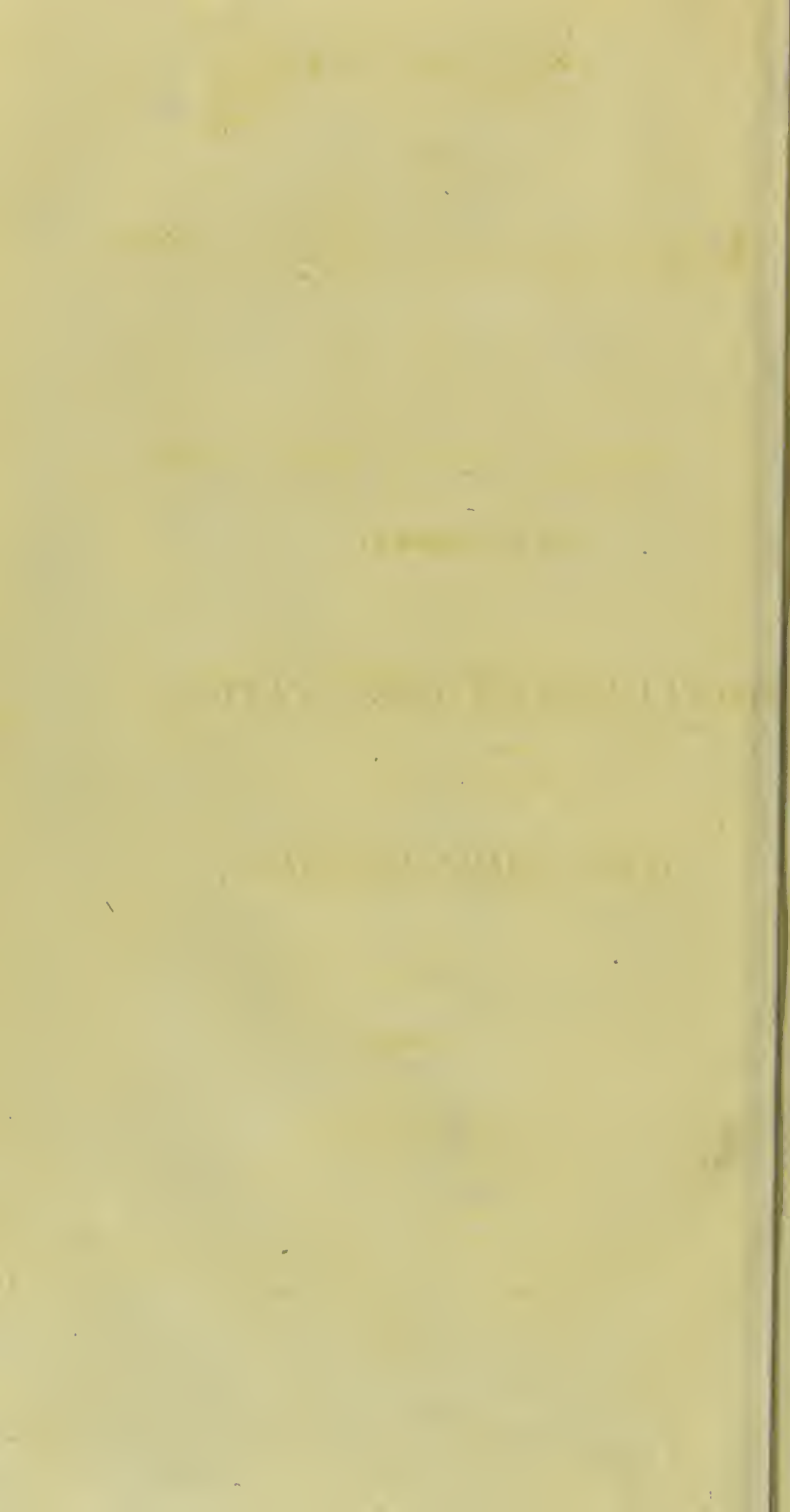






**MEDICAL**  
**AND**  
**MISCELLANEOUS OBSERVATIONS,**  
**RELATIVE TO THE**  
**WEST INDIA ISLANDS.**





# MEDICAL

AND

MISCELLANEOUS OBSERVATIONS,

RELATIVE TO THE

WEST INDIA ISLANDS.

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BY

JOHN WILLIAMSON, M. D.

FELLOW OF THE ROYAL COLLEGE OF PHYSICIANS, EDINBURGH,  
FORMERLY SURGEON TO THE CAITHNESS HIGHLANDERS,  
AND LATE OF SPANISH TOWN, JAMAICA.

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VOL. I.

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TO THE  
RIGHT HONOURABLE  
THE  
EARL OF HAREWOOD,

*&c. &c. &c.*

MY LORD,

IN soliciting permission to dedicate this volume to your Lordship, I feel myself urged by motives of the most respectful obligation, to prefix your name to my first attempt of so extended a nature.

On my arrival at Jamaica, I was received with great hospitality by your Lordship's representatives there,\* and lived on your estate, in St Thomas in the Vale, for about four years, in a professional capacity. The liberal policy and humane principles of conduct towards the negro labourers, agreeably surprised me; and worked a change in sentiments which had previously been hostile to that system.

\* Lewis Cuthbert and Alexander Macleod, Esquires.

Hospitality is a prominent and characteristic feature of the West India Islands. When the adventurer separates himself from relatives and friends of his native country, it is one of the consolatory feelings he may cherish, that Proprietors wish the new comer to meet every possible encouragement.

It was my good fortune to be introduced to your Lordship's representatives, on my arrival at Jamaica. Acting up to that liberal policy which was permitted them, my residence was established on Williamsfield estate. And I rejoice in the opportunity thus afforded me, of acknowledging how much I have the honour to be,

MY LORD,

Your Lordship's

Most obedient servant,

JOHN WILLIAMSON.

## INTRODUCTION.

A SUBJECT so interesting as that which attempts to improve the means of preserving health in our West India Colonies, and to lay before the public whatever appears of importance in the treatment of disease, during a considerable residence in Jamaica, it is presumed, cannot be unacceptable, at a period when, it is to be lamented; opinions, materially influencing the treatment of disease in those regions, have left the practitioner, beginning his professional duties, in a dilemma which it is very desirable should be obviated.

The author proposes to include in this work a detail of the more important cases to which Europeans, within the tropics, are peculiarly liable. He lived for nearly fourteen years in a



large scene of practice, affording ample opportunities for observation, among *all colours* of the inhabitants of Jamaica. He was fortunate enough to enjoy a less interrupted state of good health than commonly falls to the share of Europeans during so long a residence. His industry, diligence, and attachment to his profession, were unabated.

That leisure, so general in pursuing a sea voyage, induced the author to commence a journal, when he left London for Portsmouth, in 1798. On his arrival at Jamaica, monthly memorandums were conceived to meet every purpose better. Where minute details of cases were desirable, they were collected at the patient's bed-side. As he proceeded in this plan, it was found that these notes proved of essential service in practice ; and his zeal increased as he proceeded. Since his return to Europe, motives have been presented, to render them acceptable to the public ; and, after due consideration, encouraged as he is, a determination has been formed to submit them to that tribunal.

The passage across the Atlantic was agreeably diversified by a visit to Madeira, Barbadoes, Martinique, and Cape Nichola Mole, in June, July, and August, 1798. On these places a few incidental observations have been introduced. The journal at sea was renewed in April 1812, taking the windward passage home, and continuing it, till the narrator's arrival in London in May. Thus terminating at that place where it had commenced in June 1798.

The prevention of disease among Europeans recently arrived in these islands, became an early subject of the author's attention : And he feels justified in stating, that many of the terrors alleged against the West Indies, originate from sources which it is very much within their power to controul.

In the present state of our colonies, it becomes an object of the first consideration to encourage the rearing of negro children. This subject is particularly considered ; and an improved mode of treatment in early infancy sub-

mitted, which has contributed to prevent the fatality so notoriously prevalent on many estates.

The *mal de estomac*, or stomach evil, so destructive to negroes, came extensively within the author's views; and instances have been adduced, wherein considerable success ensued, from due attention to correct its corporeal and mental characteristics.

The yaws have been long a loathsome and disgusting disease; as well as an immense source of loss to proprietors. Negroes are often much reduced by this complaint, and irrevocably injured by dreadful rheumatism, bone-aches, swelling, ulcerations, &c. which render the unfortunate subjects victims to incurable diseases. It is generally believed that this malady may be prevented; but the author can confidently affirm that, by due care after its accession, it may be soon cured; and without those subsequent miseries which have been painfully observed on almost every estate or plantation.

The hospital management of negroes being defective, improvements are suggested, to place



these establishments on a foundation consistent with the comfort and welfare of mutual interests.

In an attempt to produce a miscellaneous work of this nature, adapting medical subjects to the understanding of general readers, the author is apprehensive that he may be involved in controversy. But he justifies himself, by avowing, that usefulness has been the predominating encouragement to its formation; and this enlightened age will not submit to an opinion, that medical science, and its practical results, should be withheld from those who are not strictly professional.

The animal economy, its functions, its circumstances of health and disease, and the measures to be pursued to obviate morbid influence, are now considered by many necessary acquisitions to complete the education of accomplished gentlemen.

It cannot be justly inferred, from these remarks, that the author presumes that all such should practice a profession, where the inferior

attentions to an apothecary's shop, and other drudgeries, must be endured, before the physician or surgeon be qualified to enter on practice. It must be fully understood, that the philosophy of medicine is a study worthy of every lover of science. But its ends can only be conscientiously fulfilled, by those who have studied its theory and its practice, with assiduity and judgment, for a series of years.

In remote situations, where medical men have not a sufficiently extended field to secure professional aid to the peasantry, *that* judicious and guarded practice I have known some of our clergy administer to the comfort of poor sick persons, such as cleanliness in fever, free admission of cool air, an open state of bowels, vegetable acid drinks, have been known to prove of great benefit; and the author recollects some of the Scottish Clergy, who added to their respectability and high estimation, by extending the comforts of medical care to those who were not within the reach of regular practitioners.

While it is consistent with what ought to be the character of our profession, that charitable services should be rendered to the indigent, there ought to be a measure to public expectation on this subject; and experience demands that this opportunity be not omitted, that public interference should bear out medical men, in alleviating the miseries of the lower classes of society under sickness.

Many of the diseases of the West Indies are peculiarly aggravated, such as *tetanus*, in its several varieties. Various cases have been introduced; and it must be observed, that the affusion of cold water has proved more efficacious, with large doses of opium, than any other practice that has been suggested.

In the treatment of fevers, to which Europeans are sometimes liable, various opinions were entertained on my arrival in that country. These were laid before the public with animosity and rancour. It appeared to me not to be the way to come at local information, to enter into the discussions of either party; and that I ought



to receive them in a guarded manner. My desire for instruction rested principally with my partner, Dr George Clarke, a gentleman of considerable standing, ingenuity, and practical knowledge. The comprehensive observations of Dr William Wright, late President of the Royal College of Physicians, Edinburgh, fell into my hands. Drs Hillary's, Moseley's, Lempriere's, Maclean's, Jackson's, publications, and others, were eagerly sought for, and perused; my notes were industriously preserved; and while it is due to the names I have mentioned, to acknowledge how much I derived from them, whatever may be imputed to the declaration, the author feels himself bound to say, that the minuteness of observation, which was necessary to take notes, became more useful every day, in affording facility to his practical duties.

Each monthly report is introduced with a short detail of the state of the weather. The advantages which it is presumed such a plan comprehends, will be found, on taking a view of diseases at different seasons of the year. Con-



siderable uniformity will be discovered for the space of nearly fourteen years ; but, in some seasons, we had a more malignant, or yellow fever, at certain periods, which many consider as the aggravated remittent bilious fever of the West Indies.

Some observations have been hazarded on the various kinds of fever, which were suggested by their *phenomena*, progress, and treatment. On the question of depletion by bleeding, the author never permitted himself to be shackled by opposing factions. The mercurial treatment will be found to be attended by considerable success ; and, in circumstances explained, as certain cases occurred, bleeding has often saved the patient, when taken at a proper season.

It is suspected that what the Author would wish to say, more particularly on bilious complaints, fevers, and some other diseases, cannot be included in two volumes. He therefore proposes, at some future period, to add another

volume, to be exclusively appropriated to these important subjects.

While it is admitted that the care and comforts of negroes should be secured, let it not be forgotten, that our youth from the United Kingdom emigrate to the West Indies in considerable numbers. Many circumstances unite to call forth sympathy and interest in their favour. Moreover, the defence of our island, the nursery for our overseers, &c. often from that humble individual who takes a steerage passage to Jamaica, a few years raises him to be a representative of our Legislature. But there are the most weighty reasons for recommending the new comer to care and attention. Certain it is, however, that we have room to improve, on many properties, the treatment of white men, particularly those in inferior situations; and this important amendment should not escape attention.

In the detail of cases, and other opportunities incidentally occurring, observations on the treat-

ment negroes meet with under sickness, and in health, will excite surprise in this country, where impressions so opposite to truth are attempted to be established.

Let us therefore rest our cause on the broad and firm basis of truth ; and, in regular succession, adduce some of those instances, wherein our colonial system towards its labourers are fully and impartially exposed. To enter on the motives which the enemies of the colonies act, cannot so effectually operate to place them in their true light, as the observations, which it is hoped this work contains, founded on facts.

The medical part of the work may be uninteresting to some readers ; the Index will be therefore compiled, as much as possible, with a view to enable such to select those portions of it in which they feel most curiosity.

In conducting a narrative, it is sometimes necessary to repeat, and to refer to, observations already made ; but these have been avoided, so far as the objects in view would permit ; and nothing has been admitted, that did not



appear to have some relation to those subjects of enquiry, upon which, from the proprietor to the adventurer, information ought to be conveyed.

On a few occasions of indisposition, the occurrences of several months have been included under one head ; a deviation from the usual plan of the work, upon which the narrator has to request the indulgence of his readers.

The author has entered with considerable reluctance on that part of his duty, which required of him to point out some improprieties by overseers. Their duties are important; and there are few which require ability, forbearance, and conduct, more. Many of them, I am happy to say, are deservedly respected; and few are they who have come within those censures, which I have felt myself bound to mention, on a principle, which it has been wished should pervade the work, namely, that the expediency of every measure proposed in the shape of amendment should be founded on facts of an incontrovertible nature.



On the motives that have produced this work, it is expected that, to develop truth for the people of a country, the author has now no interest to serve ; and to bring forward occurrences of professional advantage, have formed no little share of its objects.

The mass of information he committed to his memorandums have been necessarily curtailed ; and what is submitted to the public, forms, in his opinion, that portion of them more likely to answer the professed purposes of this publication.



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# MEDICAL AND MISCELLANEOUS

## OBSERVATIONS

RELATIVE TO THE

### WEST INDIA ISLANDS.

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**T**HE enterprising ambition which stimulates the human mind during the earlier periods of life, and leads it to determine on leaving its native land, to gratify an ardent speculation, to encounter all the hardships of a foreign region, constitutes an extraordinary, though prevailing passion, when the object to be attained, the sources of comfort we leave, and might secure, are duly considered. We separate ourselves, most probably forever, from the dearest connexions. The time of life at which such an enterprise is resolved upon, has, on many occasions, fixed corresponding affections for some object, whose worth we justly estimate, and to whose society through life we look forward with fond expectation, at a future, and not far distant, period.

The accumulated feelings of a generous mind on such a separation, constitute a variety of sensations; and at that time when leave must be taken of friends, when we are proceeding farther and farther from those shores, so dear to us on private and public considerations, the most consoling reflections are, that our motives for temporary absence may be comprehended in a desire to improve our pecuniary resources by honest industry,—to extend our knowledge of the world,—to be useful in whatever situations we may be placed,—and, when our exertions permit us, to return to our native land.

*May 27. 1798.*—Left London for Portsmouth this day. On arriving there, met with some ladies and gentlemen, who formed our party on board the *Amelia*. This is a large and well fortified town: from the ramparts a magnificent view is presented of the grand fleet at Spithead. The indecency going on in the streets is extremely unpleasant; and, unless where sentinels are placed, no woman of delicacy can walk with safety.

The expences of the George Inn were exorbitant; and the town in other respects so uncomfortable, that the passengers agreed on going to the Isle of Wight. Lodgings were procured there on moderate terms. At Ryde, a neat village near the sea, about three miles from the Motherbank, where the West India fleet lies, we experienced the advantage of having joined our female friends; thus forming an acquisition to our society, and establishing, on an economical, yet comfortable plan, our

domestic expences. When young men embark for the West Indies, (and probably the same remark may be applied to the East Indies), few circumstances can be more fortunate than to meet with the society of respectable females during the passage.

The Isle of Wight presents, in many situations, very fine landscape and water scenery. The productions of this beautiful season appear here in a state of great forwardness.

Though this island is at so short a distance from Portsmouth, and the intercourse frequent, the manners of the people are indeed widely different. The lower class of inhabitants at Ryde and its vicinity are decent; the cleanliness of their houses and persons extremely prepossessing; the household-furniture of the peasantry must excite delight in any observer. A corresponding state of order is to be observed without doors. Indeed, it is gratifying to witness such comfort among the peasantry. Much civility is shewn to the curious stranger. With politics they are very little acquainted; and seem to think it better to leave them in the hands in which they are so properly placed.

*June 5th.*—A signal for sailing made by the Maidstone frigate. It was, however, again taken down; and we were informed that the West India fleet would not sail before the 15th.

*9th.*—Formed a party, and proceeded to Newport, a handsome town about seven miles east of Ryde:



walked from thence to Carisbrook Castle, now a neglected fortress, but rendered memorable as the prison of our unfortunate monarch Charles I.

An express followed, to announce the signal for sailing, from the commodore. We proceeded on board, and found our cabin party to be about fourteen. Having set sail, various feelings were depicted on every countenance. Among the gentlemen, extremes were avoided; and cheerfulness predominated. The ladies gave way to a flood of tears, which man must not yield to. Their distresses were soon exhausted: they assumed a gaiety extremely acceptable to those who would not otherwise have been so soon capable of contributing to it. To many of the passengers our Ryde party were mere strangers; and we seemed to have some characters of an ambiguous kind amongst us.

We were not many hours at sea, when that distressing illness, sea-sickness, assailed most of the passengers. It may be conceived, where a cabin is rather crowded, what a disgusting scene this is. However, after taking a pretty general course, it subsided; and the voice of lamentation among our worthy ladies was no longer heard. In giving an opinion on this distressing complaint, I believe no effectual preventive is known. If the sufferer is conscious, from the previous condition of his stomach, that it is oppressed, in consequence of indigestion, it would be well not to shun its accession; its emetic power is very complete; and the tonic purity of a marine atmosphere may obviate the debilitating effects generally apprehended from emetics in a weak

constitution, To palliate or to avoid sea-sickness, it is better to go to bed. A thirst is often experienced, which may be produced by feverish symptoms, to which the system is subjected at sea, owing to the deranged state of the alimentary passage, or very probably from imbibing the saline particles floating in the air. After getting to bed, and preserving, as much as circumstances will admit, a well ventilated cabin, a mixture of two pints of water with a table spoonful of fresh toasted oat-meal, allowed to subside, and used moderately as a common drink, has a great tendency to compose the irritability of the stomach; and, at any rate, has been found one of the most refreshing drinks at sea. Some fine sea-biscuits, a little cheese, and porter, may be then taken, even if in a degree repugnant to inclination; and the stomach most commonly will be restored to its healthy function in a few days.

*June 12th.*—Were off the Cornwall coast: saw a frigate apparently bringing her convoy homewards. Our commodore sent some shot at the distant ships of our convoy, to keep them more together, and at those who did not answer signals.

Under a favourable breeze, soon got into the Bay of Biscay; sea-swell there considerable; our society very choice. Every person composing it ought to have felt satisfied how fortunate it was to meet such in a tedious passage, and contribute their share to preserve its harmony and good fellowship.



15th.—Still in the Bay of Biscay ; considerable seaswell ; and, what was still more distressing, becalmed in it. Large groups of grampuses have appeared to-day ; the sailors from this prognosticated bad weather ; a wild linnet, wearied, and apparently almost exhausted, anxiously soared round the ship ; but, justly dreading the consequences, availed itself of the prowess which remained, and escaped from us.

Formed regulations to-day for early rising, &c. with the view of giving every accommodation to the ladies.

Our commodore, with the Pigmy cutter, made chace after some strange sail ; and having discovered who they were, returned to his station.

The Bay of Biscay continued for several days to make the ship heave much. Our ladies got pretty generally afflicted with sea-sickness. At dinner, however, one day, a very excellent plum-pudding was announced, of which they partook liberally ; and no complaints ensued.

20th.—Proceeding under a fair breeze during the night, an unexpected severe gust of wind came on : supposed to be off Cape Finisterre.

22d.—It is a natural wish for those at sea to look anxiously forward to that time when they may expect to get on shore ; and an excess of curiosity towards the captain, mate, or seamen, on the part of passengers, becomes often extremely annoying ; and never fails, if persisted in, to give those persons an oppor-

tunity of deceiving, or returning uncivil answers. It is to be recommended that such curiosity should not be importunate, but well timed ; and if *few questions* are put, these will be replied to in an appropriate manner. If a captain is injudiciously teased, sometimes by very stupid inquiries, a system of repelling their repetition is more than pardonable.

Young men, not aware of its manifest impropriety, are apt to court conversation with the helmsman. A little consideration renders it obvious how much this should be avoided.

We conceived ourselves to be about three hundred and sixty miles from Madeira ; getting on well, and may soon expect to run down that distance. In the night, a signal of danger was made, supposed to be owing to a strange sail among us.

*June 23d.*—Got on well under a fair wind. A large hook, with a piece of beef on it, caught a bonnetta. I have seldom seen an animal of such powerful exertions after being brought on deck. It is coarse ; but, as fresh fish, it was an acceptable dish to some of the passengers.

This Saturday evening was spent in Bacchanalian festivity, where those we left behind were not forgotten. We were sensible of heat increasing ; but unluckily I had brought no thermometer, by which I might have marked its progressive advances.

*24th.*—This day, Sunday, the commodore hailed us.

Our captain was charged by him with inattention to signals ; and he threatened to withdraw his instructions.

A passenger proposed to introduce cards, which was very properly opposed by our captain ; and I hope that every such glaring endeavour to bring into contempt the respect due to the Sabbath will be firmly and universally resisted in this ship.

25th.—After making observations, the commodore varied his course by some points. Weather hazy, with drizzling rains.

26th.—About twelve noon, heard the welcome cry of *land*. The Desertas were straight a-head of us, getting up to them, with moderate wind, at three knots an hour.

The Desertas appear large rocks in the sea, three in number ; uninhabited, because affording nothing towards the support of any human being, unless wild birds or their eggs.

27th.—Early this morning, awakened by the firing of salutes in Funchal Bay. It appeared to be defended by several castles and batteries erected in suitable places.

Our approach by water conveyed a favourable impression of the beauty and richness of the island. The bay is spacious ; a sudden ascent from the town of Funchal exposes an extensive view of beautiful verdure, abundantly mingled with neat, and, in some instances,



elegant buildings. The extent of this aspect is considerable ; and the houses, surrounded as at this season of the year, appear additionally handsome, from being generally whitened.

From the harbour, it has been remarked that the appearance of the town of Funchal is rather favourable. On our getting ashore, we were gazed at by crowds of the lower classes, who attended us into the town. On our way, we met friars, monks, and other members of the Roman Church, their heads uncovered, and welcoming us, to all appearance, with the highest respect and affection. Pecuniary charity was, however, their object. Our commiseration might be excited by the meagre, needy expression of their countenances ; but charitable donation could have no other object.

On board the transports, some British troops were going to join their regiments in the West Indies. A few were permitted to go ashore. They certainly looked well ; and were well appointed soldier-like men. In passing a sentinel of the Portuguese nation, belonging to a regiment of the line, the British soldier received the compliment due to an officer ; he was so superior in his appointments, and his native dignity of demeanour so impressed the Portuguese, that the soldier was taken for an officer of our service.

The Portuguese regiment of the line quartered here is composed of very able men ; as soldiers, however, badly *set up* : their arms in shameful condition ; and there is altogether an appearance of degeneracy and conscious inferiority in them, as well as in the lower



classes of the community, that indicate materials on which a prouder superstructure might be erected in the hands of a free government, such as that of the united kingdom.

On entering the town, we found the streets in a very dirty state. The dwellings of the lower classes, and themselves, miserable in the extreme: the streets are narrow, abounding in flies, and annoying on account of the noisy habits of the people, who, in their laborious occupations, seem to deem it necessary to make an unnatural clamour with their cattle, &c.

Nearly the whole of the passengers got lodged at the house of Messrs Gordon, Duff, and Company, merchants. We were also entertained in a very sumptuous manner. Other mercantile houses followed the same line of hospitality to those passengers in the fleet recommended to them. This attention, it is believed, is customary; but, to our passengers, it did not rest with this kind treatment at their houses; for a quarter cask of very fine Madeira, fruits, &c. were put on board, for the use of the ladies, about the time of our departure. When a fleet or ship is to call at Madeira, letters of introduction should be procured by passengers; for the inns are indifferent, and particularly ill adapted for the accommodation of ladies.

From Funchal several roads branch off; and it forcibly strikes the mind of an Englishman, that, to attempt to ascend them, if not impracticable, must be at least effected with considerable danger. Nature, however, always provident, has supplied a small compact species

of mule, which not only ascends these hills with considerable rapidity, but under a load truly astonishing, in perfect security. Their ascent, we may imagine, is difficult; but our admiration is called forth, when we find these animals, with a rider, descending at a trot down such roads, without making a false step. They are to be hired, along with a footman who runs behind, at a moderate rate. He is armed with a small stick of about two yards long, with a short stiletto or needle fixed on the projecting end,—uses a noisy jargon, understood by the animal and himself,—and, when he appears to get lazy, touches him slightly behind with it.

On the day after our arrival, the ladies, inclining to visit the church at the Mount, were attended by many gentlemen. They were conveyed in palanquins; the gentlemen mounted, as described, on their mules. We formed a large retinue; and were much gratified with this excursion. The church is handsome; and the image of the Virgin Mary, generally known under the denomination of the Lady of the Mount, was much admired: in her garment is fixed a diamond worth two thousand pounds sterling.

Near the church on the Mount are the most elegant suit of gardens, and a mansion, to be seen in the island, the property of a Mr Murray, then in England.

From this church a most enchanting prospect of land and water is presented. The inclining sides of the hill abounding with the productions of the island, in an advanced state, under a bright sun,—the orchards covered with the ripening orange, banana, and plantain trees,—

gentlemen's seats blended with them,—and the cottagers, or vine-dressers, houses sometimes shewing themselves. To the back of the church on the Mount, higher hills still interrupt the view to the other side of the island ; but, as the temperature becomes too cool, the vine does not appear to be cultivated much higher up. Looking down on Funchal, the harbour, with our fleet, and the great expanse of ocean under scope of the eye, an opinion vastly favourable to this little island's importance is naturally formed.

Churches and convents are very numerous here ; but the latter we could not obtain permission to visit. The church doors in those countries are always open ; and we saw some nuns paying their devotions and counting their beads before the altars.

Some of those days, held particularly sacred by the Romish Church, occurred during our visit. A magnificent procession of the host took place. St Peter's church was illuminated ; the altar had a very splendid appearance, looking like a covering of gold, with various designs suitable to its holy purpose. It may be remarked, that were the Romish religion liberated from some of those forms which we cannot feel to be genuine devotion, the splendour of their churches, associated with the idea of approaching Omnipotence, is in many respects congenial to such an awful occasion.

A young clergyman of the Romish persuasion prevailed on a servant-maid, in attendance on one of our ladies, to converse with him ; and such was its effects, that she determined to take the veil, and remain at Fun-



chal. Much persuasion was used to induce her to abandon such an idea ; but her consent could not be gained. Something approaching to a promise had been obtained ; and the influence of this crafty friar had so overcome the woman, that she appeared under a deep thoughtful melancholy, approaching to a privation of reason. By concerted plans, the views of the friar were not successful. She was kept on board till the fleet sailed ; but it required several days to bring the young woman to her usual habits and rationality.

At the same time, a secret influence was resorted to by the clergy to prevail on a Miss M. a young and beautiful girl, to accept the veil. Their object was too nearly accomplished, by certain promises obtained ; when the fleet arrived. The parents of the young lady were very unhappy ; and it was so concerted, that she should be carried on board the *Arethusa*, Captain Woolley, returning to England. Her escape was effected in opposition to some of the ecclesiastical and civil authorities ; and under that protection she was carried away.

On the invitation of Surgeon Daly of the *Maidstone*, dined with him. Previous to dinner, went through the ship, and found an admirable system, well adapted to secure comfort and health to all on board. Our dining party was numerous ; and it appeared really to be an honest effusion of hospitality, becoming a set of gentlemen-like tars.

It is said that the clergy are paid by the Crown. The magistracy has at its head a corregidor, who is the chief dispenser of justice, and appears on all occa-



sions in great state, expressive of a desire to be distinguished from the multitude.

The narrowness and dirtiness of the streets have been formerly noticed; and the town is without much of ornamental architecture. About the middle, there is a pretty piece of ground, nearly in the shape of a square, with trees and an arbour, tastefully laid out. This is a pleasing retreat, when a person wishes to retire from the noisy nuisances of the town.

We were informed of an extraordinary apartment in one of the chambers of the Franciscan convent, the walls of which, with the ceiling, are covered with human skulls and thigh-bones, in rows, so arranged, that, in the obtuse angle made by every pair of the latter crossing each other obliquely, is placed a skull. The only vacant space that appears is in the centre of the side opposite to the door, in which there is an extraordinary painting above a kind of altar. We could not get admission to this place.

The ladies at Funchal are constantly shut up. We saw very few of them; these so closely veiled, that, with all our ingenuity, their countenances were hidden from us. Their figures are tall, and their persons rather handsome.

On the arrival of a fleet at Madeira, it is proper to caution the young traveller, that many people crowd on board the ship for various reasons; but the most dangerous and assiduous seem to be those who request to have clothes for washing. Many individuals lost them altogether; and, confiding in those they delivered them

to, did not take the precaution to know where they might be inquired after.

Madeira lies between longitude  $17^{\circ}$  and  $18^{\circ} 30'$  west, and latitude  $32^{\circ}$  and  $33^{\circ}$  north; is about one hundred and twenty miles in circumference. It has been celebrated as the resort of persons afflicted by, or predisposed to, pulmonary consumption; and I believe that time and candid observation will afford many instances of benefit to patients under these hopeless circumstances. It would be premature in me to offer any observations on this momentous subject; and I shall only add it as my opinion, that where a salutary influence is the object to be desired, by pure temperate air, suitable diet, engaging objects, and a delightful climate, no place is more likely to improve the condition of an invalid than Madeira.

*July 5th.*—Weighed anchor about four P. M. and got out of Funchal harbour. Almost becalmed. On the 6th, very little wind. Two ships had nearly been foul of us; much difficulty to avoid them, for want of wind. In the morning, eleven A. M. a fine breeze from the north-east.

The harmony of our party nearly disturbed, by one of the gentlemen improperly resisting the captain's orders, in a matter which every ship of a convoy must conform to, regarding the disappearance of lights after a certain hour at night.

A strange ship, proved to be an American, with cattle for Madeira. The *Arethusa* frigate and *Pigmy*

cutter left us to-day for England ; on which occasion, a gratifying duty was put in our power, to write to our friends at home, particularly to my venerable and worthy father, whose anxious solicitude must always produce a reciprocal feeling on my part to have frequent communication with him.

*July 8th.*—Proceeded slowly, but with moderate weather. About six P. M. a signal of distress was made by the *Jonah*, one of our fleet. It appeared that, by carelessness, fire had been communicated to some goods in the hold ; smoke was seen to issue from the hatches ; and, to get at the source of mischief, the cargo was broken up, when it was discovered that part of the goods had been burned to ashes. The admission of a sufficient quantity of atmospheric air was only needed to produce extensive, nay, total destruction. Fortunately, however, the injury was only partial ; and, though most boats of the fleet were near the vessel, to afford her aid in extremity, every thing appeared to be safe before sun-set.

As the ship had several ladies passengers, the alarm was severely felt by them. The commodore, aware of their situation, brought them and the gentlemen, their friends, on board the frigate, where they were, of course, treated with attention.

It can scarcely be necessary to caution reasonable persons against fire at sea ; yet we find an insensibility to precaution, which is inexplicable. Much attention



was observed in our ship ; but not so rigidly as the subject called for.

A beautiful object presented itself to us this day, in the flying-fish.

The island of Palma, one of the Canaries, presented itself about six P. M. bearing south from us, distant about three leagues.

*July 10th.*—Were sensible of increasing heat ; but the awning on the quarter-deck was a great protection against it.

A fine goat on board supplied us with abundance of excellent milk ; was exceedingly docile ; but boldly asserted what she seemed to conceive to be her right. She was fed a good deal by bread from our hands ; but, if tainted either by human perspiration or saliva, she rejected it with manifest gestures of disgust. When favoured with a glass of wine, she raised herself up, and drank it with peculiar dexterity and satisfaction.

*July 14th.*—Have experienced pleasant weather and favourable winds. This day, crossed the tropic of Cancer. The usual operations against persons who had never made this voyage before were in preparation ; and it became all of that description to submit with good temper and patience, otherwise they ran the risk of being very roughly handled.

The passengers coming within the description of those who must be ducked and shaved, are given to understand that this ceremony must be submitted to. No



evasion is practicable or admissible, unless to the ladies ; and they must contribute to the imperial visitor's privy purse, with the consent of her majesty Amphitrite, and the barber.

Every preparation being completed, the monarch of the seas was heard to announce to the ship's company his desire to come on board. He was answered by one of the sailors ; and, after familiar conversation on various subjects, relative to the ship, cargo, &c. he made his appearance in a very striking manner, with his Amphitrite by his side, in a gaudily dressed up car. She discovered an earnest wish for tobacco. Her condescension and cheerfulness of disposition were such, that all seemed eager to gratify her ; and she was plentifully supplied. The barber, or shaving gentleman, attended them, seated behind the car. Its approach was gradual towards the quarter-deck, when a halt was made ; and his majesty alighted alongside an immense tub, nearly filled with water, and a deal-board placed across it. The hero of the strap commenced his operations by preparing his fictitious razor, which was formed of a piece of rusty puncheon-hoop : one side, being smoothed, is distinguished as the gentleman's side ; the other is serrated, and termed the blackguard's side. The culprit who has never before crossed the tropic of Cancer, or equator, is brought forward by tritons, with his hands secured behind his back, and a handkerchief over his eyes. If he has yielded with complacency to these preliminary severities, and has contributed a little money, as he can afford, to his marine majesty and

suite, he has only a small proportion of an abominably compounded lather placed on his upper lip and chin, which is soon brought away by the dexterous seizure of his nose ; at the same time, the gentleman's side of the razor carried along, till his barbership is satisfied that he has made a good shave. Some water from the tub is then used, and a towel of no inviting appearance to dry with.

Individuals who attempt opposition to this long established custom, or who treat those indignantly who have the power of inflicting it, are more severely handled : they are dragged on deck,—placed on the board which crosses the tub filled with water,—the offensive and adhesive lather is copiously applied to the upper lip, chin ; and some efforts are even used to let the young traveller taste what the material is composed of,—the serrated side of the razor is then put in action,—the sufferer generally cries out from pain,—on opening his mouth, one of the attendants is ready to introduce some of the above composition,—blood is frequently seen to proceed from the chin. The shaving being terminated, a bucket of dirty water is thrown in his face, and a swab is applied to cleanse it. The arms are untied, when the board is quickly withdrawn, and he falls backwards into the large tub of water. The sufferer then retires amidst congratulations on the privileges he has obtained, receiving, however, buckets of water as he passes along, from his neighbours, and others, placed in the rigging of the ship.

These ceremonials being over, Neptune and his at-

tendants having taken their leave, retire ; and we hear no more of them.

Customs, such as that of ducking, &c. are of great antiquity ; but from what original source I cannot learn. It seems, on first consideration, to be a harmless variety of incident, which it might be as well to keep up at sea. If the ceremony is submitted to with that good humour to be desired, no arguments can be adduced against it. A young man, a steerage passenger, had determined not to yield ; and, when under preparation to undergo it, made a plunge at the man with a knife, which he had in preparation for that purpose. The tar, however, escaped, and secured him effectually. He was deservedly treated with great severity ; blood issued from his face ; and the whole process was executed with the utmost severity.

Two gentlemen on board, old friends, joined a good deal in that custom which succeeds this ceremony, of throwing water on one another ; one of them having intimated a wish to the other that he should not do so, on account of his having lately undergone a course of medicine ; unfortunately this was not attended to ; and the gentleman who wished to avoid the effusion, was highly offended. The consequence was, a meeting was understood by parties to take place as soon as we should have arrived at Barbadoes.

Such instances as are mentioned certainly bear against a custom, which has a great tendency to unpleasant, even deplorable events ; and it were probably better, for these reasons, that it should be discontinued.



*July 15th.*—Light, but favourable winds. The convoy very much kept back by one or two slow sailers.

*16th.*—Obliged to lay too until the sternmost ships came up. The flying-fish, in numerous flocks, were seen to-day. Notwithstanding this extraordinary power of evading their pursuers, they are believed to be an easy prey to the dolphin, bonetta, &c.

*20th.*—Proceeded slowly for some days. Considerable impatience prevailed among the ladies to get on; and, though naturally a general wish, it was advisable to reconcile the mind to what we must encounter, and cannot evade.

*21st.*—Saw a turtle floating on the water to-day for the first time; the incautious and unsuspecting animal seemed to be asleep. We were making good progress, otherwise it probably would have become a prey to our crew.

There seemed to be such inattention to cleanliness on board this ship, in common with other merchantmen, that the consequences in a warm climate were to be much dreaded. On board the frigate, the most scrupulous attention seemed to be established with regard to the ship and bodily cleanliness of the men. Our men were much subjected to boils, which might have had their source in a diet not of the most suitable description, inattention to bodily cleanliness, and the impure air to which they are more generally subjected below decks.



22*d.*—In getting into a latitude where heat is so much increased, it becomes a subject worthy of serious consideration, that our systems should conform to rules which are likely to preserve health. On board ship we cannot have exercise of body to the extent that might be beneficial; but an atmosphere of a pure nature compensates, in a great degree, for the ill effects of this privation. It is probable that diet, so constituted as to disturb as little as possible the healthy duties of the stomach and intestines in digestion, has a great tendency to the preservation of an European's health within the Tropics. Reason tells us that, in all climates, temperance is not only a virtue, but its limits being violated by excessive indulgence, undermines both the corporeal and mental faculties. In a climate where, with the greatest care, we are subject to endemic diseases, though some wine may prove a good tonic and preservative of health, we are surely to avoid what heats the frame, produces thirst and feverishness.

On that day prayers were read; and it would be gratifying to be able to add, that the subject had been becomingly attended to. With deep regret, it has often fallen to my lot to see the service of the Church of England carelessly run through by the reverend members of their own community, and as indifferently attended to. This lamentable truth is so pertinently and properly treated by an English writer, that I shall take the liberty of making an extract.

“The finest language, the most exalted sentiments, and even the soundest piety itself, unaided by propriety

of elocution, will produce but little effect on the minds of a mixed congregation; while the sublime truths of the Holy Scripture, and the excellent Liturgy of the Church of England, when delivered with that serious energy by which they ought to be enforced, can scarcely fail of making a due and lasting impression."

If their Lordships the Bishops would be pleased to pay some attention to these commendable qualifications, I cannot help thinking that secession from the established church would be very little known. Accomplished men, and energetic exemplary characters as members of the church, would secure to the establishment the unqualified support of the nation.

*July 24th.*—Weather hazy; got on in our course about four knots an hour. A piece of candle on a hook caught a bonetta fish.

*25th.*—Our ship's company were probably not so moderate in the use of wine as they ought to have been. In warmer weather, an increasing thirst follows; but, feeling indulgence unsatisfactory, and conceiving it unhealthy, I had not hitherto yielded to the desire I felt to drink spirits and water, or any thing else, in the forenoon, or before dinner: found that, by resisting first dispositions, the desire has subsided.

*26th.*—Were visited to-day by some friends in the fleet. In the evening, bore down on the frigate, in obedience to a signal from the commodore.

27th.—Much rain, lightning, and thunder, in the night. Saw, at a great distance, a large tropical bird. Got on at from four to six knots an hour.

28th.—Fresh breeze: concluded we would reach Barbadoes in five days, if it did not fail us.

29th.—Calculations of respective ships very different. Wind favourable; and making from eight to ten knots an hour. Sometimes rather squally: ship heaved a good deal.

30th.—In twenty-four hours, supposed to have made one hundred and fifty miles. Hazy and cloudy, with sudden squalls. Ship heeled very much: swell considerable; some lightning and thunder: the former more vivid than we had been accustomed to see.

31st.—Weather rather stormy during the night. Squalls came on so suddenly, as to give little time to shorten sail. A dark cloud generally observed to windward; and the squall immediately followed its appearance. Danger considerable of running down ships, or being run down: endeavoured to keep a position to windward of the fleet. Weather better at noon.

The commodore carried additional lights during the night, to give greater security of position to the fleet in such bad weather.

At two P.M. a ship a-head made the signal for land,



which was readily repeated by the other ships. Our ladies received the intelligence with transports of joy : yet I am conscious that, when the time of parting seemed to arrive, some extremes of feeling were felt, that shewed friendships had been formed during an acquaintance of a few weeks, which had strongly cemented the bond of good-will by which we were actuated towards one another.

A gentleman was sitting with a lady when the annunciation of land was made ; she was delighted, and ran on deck. Distance and an obscure element too powerfully intervened to gratify her sight ; but she would soon. On returning to the cabin, a few words passed ; she retired in deep affliction to her bed-chamber, declaring herself very unhappy at the thoughts of our parting.

In about an hour, it was reported that we could not have seen land ; and we were again to look out for it.

*August 1st.*—A steady breeze during the night, but squally. We were now happy to find a well confirmed report of *land* about ten leagues a-head. A general crying went on at a great rate among the ladies. The passage, on the whole, had been pleasant ; our party (strangers before) had conducted themselves so as to establish mutual respect. From this state, esteem and friendship had sprung, which, in the relations of society, may yet prove of essential service.

The approach to Barbadoes presented a kind of scenery to my view with which it had never been en-



tertained. The aspect of the country was pleasing ; cleared of wood ; and in a state of cultivation. The lofty cocoa-nut trees, with their green covered tops, wafting with the winds, added greatly to the distant view of grandeur which the young European first contemplates of a West India island.

A near approach to Bridgetown also afforded the first opportunity of witnessing the luxuriance of the sugarcane. The canoes, which crowded around the ship with canes and fruit, gave us a fair idea of the jolly negress ; but my attention was necessarily turned to a very different object,—a slave ship !

The name of it sounded harsh and unnatural to me. On looking at it, I conceived that there was something in the vessel's appearance that indicated its tyrannic purposes. I felt as a Briton ought to do on such a novel occasion ; but I was nearly overwhelmed with horror, when I heard a dreadful sounding lash crack among them repeatedly, and howling ; running about of naked human beings on the deck, which continued for about half an hour : all was quietness then ; only the crack of the lash was frequently heard.

I considered it some consolation to reflect that my intention was not to speculate in human flesh,—that the duties of my profession were calculated peculiarly to deal out the balm of humanity to those unfortunate beings,—that, for their treatment by masters, information was to be gained ; and it would be premature to condemn, until personal observation should have enabled me to decide on respective merits.

Bridgetown is a low and moist situation. The town is crowded and dirty : it seems, however, to be a place of commercial consideration. The government-house and extensive barracks are extremely ornamental.

Barbadoes is considered a place of great importance by its inhabitants, as being the oldest British settlement or colony in the West Indies. The vanity of the people in this respect is amusing. An endemic of the island is elephantiasis ; but it is by no means so general as the immense enlargement of the scrotum, which so few escape. It is attributed to the water of the place.

A ridge of hills, in the adjacent country, about the middle of the island, is called Scotland, where a few of the descendants of a race of people transported in the time of Cromwell still live, called Redlegs. I saw some of them ; tall, awkward made, and ill-looking fellows, much of a Quadroon colour ; unmeaning, yet vain of ancestry ; a degenerate and useless race as can be imagined.

*August 3d.*—The heat so severely felt by some of the passengers, before in the West Indies, did not annoy me much. The cock-roches and musquetoës were very troublesome.

Met with a countryman on the Quartermaster-General's staff, who was very attentive and friendly.

*4th.*—Put to sea ; and, on the 3d, up to St Lucia : thence to Martinique. Fair wind, but squally ; anchored about six P. M. opposite Fort Royal,—a spaci-

ous bay, and well protected by the high lands surrounding it.

The principal towns of Martinique are Fort Royal and St Pierre. The former appeared to have suffered by the late siege ; the houses were in an indifferent state ; there was nothing indeed worthy of commendation or notice at either place.

Between Fort Royal and Fort Edward runs a marshy space of ground, which we were informed became a source of great sickness among the troops when the place was besieged under Sir Charles Grey. Fort Edward got its name in honour of our Prince Edward, his Royal Highness the Duke of Kent, who conducted himself with great gallantry on the occasion. Its local circumstances exposed Fort Edward particularly to the influence of marshy vapours. On account of the high walls of the fort and the sunk situation of the barracks, unwholesome air was generated. The consequence was, that a dreadful mortality among the troops in that quarter took place ; the disease assuming a most malignant endemic type of yellow fever. The place was at last totally abandoned.

St Pierre is an elegant town ; the streets peculiarly pleasing to the traveller, on account of the pure streams of water which at all times run through them.

The appearance of Martinique altogether serves to make a favourable impression of West India islands. Fort Bourbon, a little way beyond Fort Royal, commanding the bay and an extent of country, was a beau-



tiful object. The defence of the island was given up by the French republicans, after they had made a stout resistance.

*August 5th.*—On this day, some of our party from the *Amelia* to Barbadoes were found on board the *Lord Loughborough*, Captain Blair, bound to St Kitts. We had the satisfaction of spending the day with them.

On viewing the marshy line of ground between Forts Royal and Edward, from which there is a fall to the sea, it appeared probable that it might be converted into a healthy tract by draining.

*6th.*—Much lightning, thunder, and rain, during the night. Weighed anchor about ten A. M. with the *Maidstone* frigate as our convoy. The St Kitts and Antigua ships separated, and went under convoy of a sloop of war.

Becalmed about an hour off St Pierre. Had a slight view of a shark dogging the fleet. A Danish ship left us for Santa Cruz.

*9th.*—Nothing occurred of moment since the 6th. Some flying-fish found their way upon deck; and, in a short time, forfeited life. Their finny wings, of small size, enable the animal, at first setting out, to make considerable progress; but, as these become dry, their power is insufficient to enable them to proceed, and they must be moistened, by again plunging in the ocean, where, most probably, they become a prey to their fol-



lowers ; for it is certain that the finny inhabitants of the sea are acting in continual hostility towards one another. The flying-fish, though apparently protected by their peculiar power, of which other fishes cannot avail themselves, have a formidable enemy in the large tropical bird, which frequently darts upon them, when they escape other enemies, in the midst of the waters.

About six A. M. Porto Rico, west end, bore north by west, distant eight or nine leagues. At same time, Cape Roxo bore east by north, distant four or five leagues.

In passing Porto Rico, it was remarked, that there was much of the appearance of some heavy ships of war ready to come out. The war with Spain made this appearance more probable ; and those not accustomed to the coast had formed apprehensions of danger. Wind and current in our favour.

*August 10th.*—At four P. M. yesterday, the Isle of Zacheo bore north half west, distant about five leagues. Becalmed in course of the day : the ship not under direction of the rudder from that cause : the signal made for keeping down on the commodore. This was very necessary, where we had enemies on all sides in the Spaniards and revolted blacks of St Domingo. About five P. M. a fine breeze sprung up, accompanied by rain, lightning, and thunder.

What has been observed of many of this ship's passengers, which I joined at Barbadoes only, should supply a practical lesson to young men not inured to the vices of

the world : Gambling was the favourite pursuit and subterfuge ; deception and chicanery were resorted to : When they succeeded, an achievement had been wrought, which produced exultation ; when they failed in such a cause, shame did not appear to be a necessary consequence. If a well founded morality resisted the effects of witnessing such scenes, a great and useful admonition has been dictated to the mind ; and, though it may be out of place here, let me assure the young reader of this deplorable truth, that, at this date, (1816), and, indeed, for many years, the sun has not shone on these victims of moral turpitude. Most of them hastened themselves to a premature grave ; and some lived too long to reflect credit on themselves or their connexions.

*11th.*—Came in view of St Domingo, bearing south west by south, distant six or seven leagues. At noon, Cape Samana bore west half south, distance seven leagues ; breeze failing, made little progress ; and we had some slow sailing ships that kept us back very much.

*August 12th.*—Off St Domingo, under a steady breeze in course of the night, with a powerful current in our favour, which prevents the intercourse from Jamaica direct to the Windward Islands, unless in a very tedious manner. The trade-winds also favour the passage to Jamaica ; but to return from that island to Martinique, for instance, is almost impracticable. Pas-

sages from Jamaica to the Windward Islands are either made by Europe or America.

Saw to-day Point Isabellica and Monte Christo. The latter is a great eminence, and seen at a considerable distance.

The ship very badly provisioned ; in want of vegetables particularly.

13th.—At half past eight A. M. saw the island of Tortuda, bearing west south-west, distant four leagues : At noon, the south-west end of it bore west half south, distant about two leagues. It was said to be inhabited by fishermen only, and appeared to be capable of cultivation ; is about three miles from the coast of St Domingo, and full of lofty wood.

Steady breeze in course of the night, with favourable current. Being near the St Domingo shores, were obliged to be on the alert. The enemy's picaroons were dexterous boarders in the night. Our guns were charged, and arms at hand, to meet any exigency. Preserved a near position to the commodore.

At three P. M. the harbour of Jean Rabel Point bore south by west, distant four or five miles. At half past three P. M. saw a merchant ship. The commodore stood in under full sail, with colours flying, and perceived her getting under way. A schooner, which seemed under the protection of a fort, made after the merchant ship, and fired twice at her. The commodore continued to make for the ship, and returned the schooner's fire ; on which she tacked, and stood about to re-



turn to the fort. The frigate advanced so near the fort as to be fired at ; and the compliment was proudly returned. The merchant-ship was, in a short time, among our fleet ; and proved to be the *Adelphi* of London, taken on her way from Jamaica to London, about a week before : cargo, rum and sugar.

The few British tars left on board, while a prize, seeing a British fleet off the coast, carried by force the command of the ship, cut her out, and placed her and themselves under the protection of their countrymen.

This pleasing delay obliged us to lay-to during the night, or the fleet would have reached Cape Nichola Mole.

14<sup>th</sup>.—At seven A. M. off Jean Rabel Point : a strange brig and schooner in sight. The commodore made the signal for the convoy to proceed to the nearest port. The frigate stood in near the shore of Rabel Point ; but soon joined the convoy again, and the whole fleet made for the Mole. In getting in, a merchant vessel came along our bow, and did much damage. Anchored about four P. M. and then went ashore.

On entering Cape Nichola Mole, we found each side of the harbour occupied by numerous batteries for its defence, erected at an immense expence by our government. The town is situated at the foot of a hill, in a low dirty situation. Stagnant waters in the streets, in such a climate, must rapidly send out the sources of disease, as fatal experience has proved.



The mortality among our troops there had at least kept pace with that of any other part of St Domingo ; and such was its devastation, that the British government were no longer disposed to make additional sacrifices of men and money to such an object.

The difficulty experienced by the brigands to carry cannon so as to bear upon the Cape, had not been overcome ; but their infantry were within a few miles of the town. Our outposts were often surprised, till lately, that overtures had been made to Touissaint for evacuation of the island.

*August 15th.*—The inhabitants were chiefly French, and appeared to engage their time in smoking cigars and gambling.

*16th.*—Weighed anchor about nine A. M. under a steady sea-breeze. Our numbers increased by several prize vessels going to Jamaica for condemnation. The Maidstone and another frigate in company.

*17th.*—Passing along the coast of St Domingo, much caution was adviseable in the night, the heavy guns being charged with canister shot. With our watchful commodore, we promised ourselves a successful and safe arrival at Port-Royal.

*18th.*—Steady breeze in the night. At nine A. M. the island of Nevaza bore south-east by east, distant about four leagues. Saw several sail of a strange

and suspicious appearance. Looked out for Morant Point with anxiety. Nearly becalmed from twelve noon. The fleet much scattered, on account of the commodore getting far astern, having observed strange ships.

At about seven P. M. the commodore alongside of us; and a pleasant neighbour he was, surrounded as we were, at no great distance, by unfriendly ships. Weather cloudy and squally.

19th.—Light breeze during the night, with heavy rains. At half after five A. M. a frigate astern, making up for the fleet. At eight A. M. two strange ships in sight, bearing north north-west. At noon, Morant Point bore west half south, distant five or six leagues.

The frigate was British; boarded the commodore; and afterwards steered for the strange ships. Soon after returned, and took a lazy sloop of the fleet in tow.

Were followed with great assiduity, during our passage, by a few small birds, about the size of a sparrow: their wings more forked; and generally known by the name of Mother Carey's Chickens. They are considered the harbingers of approaching bad weather; and we were informed that, in the northern as well as southern latitudes, they are often seen.

August 20.—Though we might have been up with Port Royal on the 19th, it would have been late; and the numerous shoals of sand in entering it, and getting

up to Kingston, directed the judgment of our commodore that the fleet should keep off till the morning. The sea-breeze setting in about twelve, we got to anchor at Kingston about five P. M.

From the time we made Morant Point, and from thence to Port-Royal, we passed along a bold coast, very mountainous. Sometimes beautiful valleys presented themselves, covered either with thriving plantations of sugar-cane or coffee. The scenery is tremendous, yet beautiful. The heights are immense, but particularly that ridge of hills known as the Blue Mountains, which stretch themselves across the island. It is evident that, in an island where heat is so severe, much variety of climate is afforded for the benefit of sick and convalescents: and, where a temperate air is enjoyed, untainted by those sources of disease which we understand so greatly abound in Jamaica, it is a blessing which cannot be too highly estimated.

A black pilot boarded us off Port-Royal, who brought us in, in perfect safety, and seemed to be a very communicative intelligent man in his way; more so than my conceptions of the colour induced me to expect.

Upon my arrival at Kingston, found that my friend Mr S. had gone to St George's not many days before; but was not long at an inn, when Mr F., the friend of Mr S., called, and carried me to his penn, a few miles from town: a retreat for cooler air, and other advantages, which the merchant enjoys when business is over (as in this country), about four o'clock P. M.

The variety of fruits which that country produces, is



one of those agreeable subjects of surprise which engages the newly arrived European's attention. Indulgence being earnestly desired; and, though this may be in some measure permitted, yet it would be adviseable to confine himself to the subacid kind, and to beware of many, which might produce effects of the most serious nature. In making this remark, it is also my duty to observe, that nature has kindly provided a variety of palatable fruits in such a climate, to prove useful, not merely to gratify taste, but also for the purposes of health. It is, therefore, every reasonable person's business to exercise his understanding, by indulging only in those that are good for him.

*August 21st.*—Much lightning, thunder, and rain. The sun so hot, that my friends advised me to keep at home. My only companions before dinner, buzzing most unpleasantly about me, were musquetoës, and myriads of the white ant, in different parts of the house. A numerous party of respectable merchants met to dinner. The evening ended with smoking of çigars, with our feet raised against the balcony of a piazza, in conformity to the custom of the country.

At night, after sun-set, the air is loaded with moisture; and it is probable that, when the sun no longer extends its evaporating power, the atmosphere may be impregnated by noxious vapours; particularly if there are selinas or marshes in the vicinity, and that the land wind takes them in its course. The smoking of tobacco may be admissible to a moderate extent in the European,



who considers himself assimilated to the climate ; but the new comer should resist any disposition to it. It has a tendency to produce vitiated secretions of the stomach, to produce sickness and vomiting, irritability of the nervous system ; and whoever has an intimate acquaintance with the predisposing sources of the malignant fever, to which new comers are liable, must at once perceive the extreme imprudence of smoking. It is, at best, a habit which ought to be avoided, as leading to grog-drinking, &c.

The town of Kingston is very handsome in general. Many of the streets are spacious ; and occupied by houses and gardens, well suited to the climate, for coolness and space. Entertainments were frequent and splendid. Hospitality, on an unfettered and liberal foundation, seemed to prevail in the more genteel ranks of society.

Before sun-rise, many persons avail themselves of the short period of day-light to get on horseback, and enjoy the temperate air ; for, after that time, the heat is extremely powerful, attended by a stillness which moves not a leaf. From ten to twelve, the sea-breeze sets in ; when the oppressive feelings, so severely experienced, are completely relieved. For, from a state to which description can scarcely reach, respiration becomes easy ; the animal spirits are restored ; and nothing can be more pleasing than this transition.

Felt that day some feverish symptoms, which appeared to be connected with a dry skin : some warm tea removed them.

The inquiry of West India influence on European constitutions, was an early subject of my consideration. It is not on the fallacious foundation of theory, but on rational inferences, confirmed by writers, that increased secretion of bile is proved to be an early effect of the climate on Europeans recently arrived, that even a morbid influence in itself, and by its accumulation, frequently exists. It is manifestly indicated, that neither inflammatory diet, such as rich fish, flesh, &c. should be indulged in, nor immoderate indulgence in wine; that the alimentary passages should be preserved in a healthy state, by light nourishing animal and vegetable food. Madeira may be allowed to the extent of a half pint daily; and a dose of calomel should be administered, either at night, or very early in the morning, if the newly arrived European has not two motions daily.

My friend Mr S. returned, who was not inattentive to my interests.

*August 24th.*—Visited several gentlemen in company with Mr S. Among the number, Dr G. a physician of eminence there. He is a phlebotomist, and an anti-mercurialist in the treatment of yellow fever.

Dr G. wished to subject me to the loss of blood *once* a fortnight, the use of purgatives, and restrictions in diet; to which I did not feel disposed to accede.

Opinions are widely different among medical practitioners there; and they are on the worst understanding. It cannot be doubted, that the cause of humanity, and that of the public, are involved by such illiberal dispu-

tations ; while it may be conjectured, that it would be well if theories were blended.

*August 25th.*—Was prevailed on, at dinner, to take some Jew fish, very richly dressed : much disturbed by it in the night. Took four grains of calomel and some elect. sennæ : much relieved, but considerably weakened after its operation.

As I profited much by the letters which those interested in my welfare did me the honour to write in my favour, it is due to express the lively obligations I feel to Mr Bryan Edwards, M. P. Sir John Sinclair, Bart. of Ulbster, and Mr Wemyss of Edinburgh, for the respectable introduction to his Lordship the Bishop of Rhodes, by whom letters were given to me for Mr Lewis Cuthbert, his brother, and to his nephew, Mr George Cuthbert. My obligations are very great to Mr Alexander Macleod, attorney to Mr Macleod of Colbecks, and to many other gentlemen, who appeared to feel an interest to provide for me in an appropriate manner.

I cannot here deny myself the pleasure of mentioning with how much kindness Mr Bryan Edwards entered on extending my West India prospects ; his sincerity of manner, unaffected and friendly, while he was suffering under the apprehension of losing his only son by a severe illness : deep though his afflictions were, and secluded from seeing his friends, I only got admission to him. The distress of his house seemed to be such, that I rather wished to decline calling ; but he requested



me otherwise. And, in addition to his paternal advice, letters in the most friendly terms were handed to me for his Jamaica friends. That only son was preserved to him; and, during a long minority, his paternal estates were much involved. He came out to Jamaica, where he unadvisedly entered on a project to take forcible possession of his estates. In effecting which, some acts of violence were committed against the white people in charge; upon which, grounds of action were laid, and Mr Edwards was fined and imprisoned for three months.

It is much to be regretted that Mr Edwards should have thus become the victim of inconsiderate rashness. Sentence, however, being passed, it should have been remembered he was a delicate young man, much afflicted with rheumatism; that he was the son of Bryan Edwards, who had been an useful and ornamental character in the island for many years, as a public and private individual; yet was this gentleman, the son of Bryan Edwards,—a name which should be held venerable in Jamaica,—doomed to the common jail in Spanish Town for three months.

During his imprisonment, though lamenting the opportunity, I visited him as often as my time would permit. His situation, and even his accommodation, were humiliating; yet was no mercy extended to him. A melancholy occasion was thus given me of returning an act of friendship from a father to his son; but, I lament to add, that Mr Edwards, on his passage to



Europe, died ; and, very probably, the cause of his death might be traced to imprisonment.

*August 26th.*—It ought to be inculcated on the mind of the newly arrived European, that he should avoid exposure to the sun. A hardihood is expressed, and felt, which it would be well to controul : an ardent and elevated state of mind generally prevails on first arrival, which the admonitions of experienced friends can alone modulate. When confidence is not carried too far, it may be well to confirm him in the opinion, that common care is only necessary to season him ; and much is done in this way, by engaging the mind in industrious pursuits, where the leading object which takes him to that country is in some degree promoted.

Considering bodily exercise as a great mean of conducing to health, drove out in the morning by five o'clock ; and felt better than I had done for several days.

The manner in which Sunday is spent will appear extraordinary, and very contradictory to the duties inculcated on that day : A great market is kept up by the negroes, which is, in truth, also a market for the whites. The merchants attended at their stores and counting-houses. The service of the day going on at the churches ; but they are very indifferently attended.

A stranger is much surprised to observe the domestic attachments which many of the most respectable of the white inhabitants form with females of colour. A numerous offspring is frequently the consequence ; and

it is remarked, that these ladies become the greatest tyrants that can be imagined ; so much so, that the most despotic in matrimony with our own colour have seldom reached such uxorian oppression.

The musquetoe is a most annoying insect, and possesses a watchful, yet enterprising character ; it inflicts its wound, and extracts the blood, which is sufficient to satisfy its appetite, with impunity. They are more troublesome during the land winds. While the sun exercises its influence, and the pure sea breeze is refreshing, the parched up votaries of that island, they seldom appear. Moisture, and the foul air of marshes, seem to be peculiarly their element. In such situations they appear in myriads,—are less intimidated,—of much larger size,—and carry on their attacks, in particular against new comers, with unmerciful severity. It is a matter of astonishment to perceive with what rapidity they extract blood, by means of numerous stings placed in a sheath under the throat. Small hard inflammatory tumours are often formed, which, if much rubbed, are apt to be converted into ulcers of an obstinate nature ; but this effect may be prevented, by resisting the disposition to friction ; and a weak solution of the volatile alkali in water, or that of lime juice diluted with water, will allay the itching.

Negroes express, in their own peculiar phraseology, strong feelings of resentment, when attacked by numbers, constantly increasing, of these insects. Smoke and fire are resorted to, to keep them off ; but, even with these, comfort cannot be procured to the house of

a master ; and submission must be summoned to yield to what we have no remedy for.

A negro servant, attending at dinner on a party of gentlemen, observed a musquetoe alight on a gentleman's nose, whose complexion indicated a familiar acquaintance with the good things of this life. The place where the musquetoe rested was particularly florid, and had several blotches on it. The little insect had no sooner alighted, than it made its escape with great rapidity. The negro could not suppress an exclamation of exultation,—“ Aye, (says he) Good ! d——n  
“ your heart, you no tand dere long, because you burn  
“ your foot !”

*August 27th.*—After dinner, accompanied my friend Mr S. to Spanish Town, between which and Kingston there is an extensive selina, and much marshy ground, frequently inundated. For the first time saw the fire-fly, (*fulgora*). The forehead emits a very lively shining light during the night, producing a most brilliant phenomenon, and which, to a stranger, might be the source of alarm.

Arrived in the evening at the house of Mr Robert Pitcairn, senior, the keeper of the Scotch Hotel, of old standing in that country, who had experienced many of the chequered vicissitudes of life, yet maintained, without exception, the character of disinterestedness, and an unsullied reputation.

*28th.*—Waited on several gentlemen with letters ;



was received with kindness ; and professions of disposition to serve me were expressed by all.

Having letters for his Excellency the Earl of Balcarras, waited on him at the King's House, where his Lordship received me with expressions of friendship ; but candidly confessed that, with the exception of military appointments, his patronage was not likely to serve my views. His Lordship, however, felt some anxiety concerning my success ; and it was probably of service to me, that many of his most intimate friends were those to whom I had recommendations. It is, therefore, advisable for adventurers to carry letters to a governor or commander-in-chief. They may be useful ; and a gentleman, on arriving at Jamaica, is often judged, by a discerning community, from the society to which he is at first admitted.

The king's house is a building worthy of his majesty's representative, forming one side of a square. The middle is inclosed by an iron railing, through which there is a paved walk to the court-house in its front ; a large, but not very modern, structure, in which are the hall of the House of Assembly, and most of the public offices ; another side of the square is occupied by a magnificent temple in honour of Lord Rodney ; the remaining side was taken up by an old church, and some very unsuitable buildings, which it was in contemplation to remove.

Spanish Town is the seat of government, where the Grand Court and House of Assembly meet. Barristers chiefly reside there, attorneys at law, public officers,



&c. To these only does it owe any consequence. Its society is more select than that of Kingston.

*August 31st.*—On the recommendation of my friend S. proceeded with Mr Caldwell to his hospitable house at Mount-Pleasant, St Thomas in the Vale. On our way thither, passed from Spanish Town to Bog Walk, through the River Road, a surprising, but excellent, specimen of labour. It passes along the Rio Cobre; and the scenery on both sides is uncommonly romantic: the road often so covered by overhanging rocks, that we passed through with feelings of terror; the heights above on each side are tremendously grand, particularly from Seven Mile Walk to Bog Walk; on approaching which, St Thomas in the Vale begins to expose its beautiful and highly cultivated fields to the delighted traveller. This view expands as he advances to Bog Walk; and, to the amateur of varied and rich scenery, a finer subject could not be presented than that which is supplied from Spanish Town to St Thomas in the Vale.

A melancholy instance was this day presented of an individual, in whose prosperity I was interested, having, by misconduct, thrown himself out of character and employment. It was remarked, on this occasion, by my friend S. that this was a good poor man's country, where no man need to feel want, if he was industrious, sober, and honest. On our way to Mr Caldwell's, were stopped by rain at Newhall estate, where a plantation dinner was served up to us.

*September 2d.*—My reception and friendly treatment in Mr Caldwell's delightful family, where I was used more as a son than as a stranger, must always raise a feeling of the utmost regard to every individual of that house.

*5th.*—My intended partner, Dr Clarke, visited at Mr Caldwell's ; a man of acknowledged ability, and an admirer of the fine arts, poetry, music, and painting.

*6th.*—Mr Macleod, attorney to Mr Macleod, Colbecks, as the friend of Dr Clarke, had appointed a meeting at Williamsfield, to state his opinion on the terms to be given by me to be admitted a copartner with Doctors Clarke and Forbes of that parish.

*7th.*—My instructions from Mr S. were to receive proposals for a copartnership with Messrs Clarke and Forbes, on a premium to be advanced by me, to have an equal share of one-third from its commencement.

The substance of the proposition made was, that I should enter on bonds and securities for L.700, in the event of Dr Forbes's death, or not coming out within twelve months : That Dr Clarke should receive L.200 more, which would entitle me to one-half share.

After a good deal of discussion, in which I put in apprehensions of involving my friend as security for me, and expressing a wish rather to serve a short time as assistant to a respectable practitioner, my scruples were overruled by my friends ; and I was obliged to yield to

their opinions, and to the commencement of copartnership on the 1st October.

10th.—Continued to make visits through my intended practice; and observed that the humanity of proprietors and overseers to invalid negroes was very praiseworthy.

11th.—On occasion of a dining and dancing party at Mr M.'s accompanied Mr C.'s worthy family to the place, bordering on St Mary's; passed through bad roads, plantations of coffee, and penn properties; but the weather being rainy and cloudy, every thing appeared to disadvantage as we travelled along. Were received with great hospitality by Mr and Mrs M. Indeed, an easy and friendly intercourse appeared to prevail among the white inhabitants, extremely prepossessing to a new comer.

The evening passed off in a pleasant manner; but, though not disposed to be censorious, it was impossible for a newly arrived European to avoid remarking the peculiarities of attitude in dancing which distinguished the native white Creoles of the island. It seemed to be a favourite exercise, in which the aged, as well as the young, participated at a later period of life than we are in the habit of witnessing in the mother country.

20th.—From 15th, passed the time in the more temperate climate of St Thomas in the Vale, engaging the



mind on those subjects which were about to occupy my professional exercises.

21st.—Concluded and executed the articles of co-partnership for seven years.—a period which appeared very long: but, by upright dispositions, and the goodness of Providence, I hoped every thing should be fulfilled, so as not to involve my friend S. in any part of those payments for which he had so generously become bound on my account.

22d.—Took my rounds among the sick. Spent the day with my old friend, the rector of that parish, Mr W. a worthy and humane man.

Among negroes venereal appetites are promiscuously gratified; and the truth requires that it shall not be concealed, the whites on estates follow the same habits, on many occasions, to a greater extent. Black or brown mistresses, are considered necessary appendages to every establishment: even a young bookkeeper coming from Europe, is generally instructed to provide himself; and however repugnant may seem the idea at first, his scruples are overcome, and he conforms to general custom.

Book-keeper is a very indefinite term. The truth is, that his labour and attendance are confined to the field, the stores, the boiling or still-house; and has little or no relation in general to book-keeping.

26th.—Was called this day to inspect the body of



a Mr T. who was found dead in a river near his house, with several wounds on his face, head, &c.

Mr C. a neighbouring practitioner, was also in attendance. On seeing the body, several wounds were discovered on the head, which seemed to be inflicted by a sharp edged instrument: they did not penetrate the cranium. On pressing the chest, a good deal of water was discharged from the mouth. The nose and facial bone were fractured; but it appeared to us that nothing we could discover in the wounds would occasion death. We proceeded to the place where Mr T. was reported to have fallen into the river. The road was narrow, and close to the bank which overhung the river. The bank, though high, had a good deal of brushwood, which was likely to interrupt the fall. It was besides low; and a sandy beach would have been the place on which Mr T. must have rested. The several wounds he had on the head, face, and body, were not lacerated wounds, such as a fall would have inflicted. The gushing of water from the cavity of his chest was also a suspicious circumstance.

We agreed, in stating an opinion, that Mr T.'s death was accompanied by doubtful circumstances; and that the wounds were not the cause of death.

Though little accustomed to the expression of a negro countenance, I could not avoid remarking the unbecoming impatience which Mr T.'s negroes testified to have him buried.

Mr C.'s opinion and mine did not by any means meet the sanction of many of the gentlemen present;

and a verdict was given by the inquest, which amounted to nothing.

With a view to connect such circumstances, it may be here mentioned that, in July following, a complete discovery of the murder was made. The unfortunate man was attacked on the road, beat, and thrown, with his horse, over the bank. The wounds described were then inflicted : they were found unequal to deprivation of life. He was then dragged into the river ; his head kept below water, until life was extinct. The guilty were brought to trial, condemned, and executed.

*October 1.*—The charge I then entered on seemed to demand the utmost attention and industry. On principles strictly connected with a strong sense of duty it was undertaken ; and it behoved me, in every respect, to pursue that line of conduct which would secure to me the esteem and favourable opinion of such persons as had so handsomely come forward on my account.

In the planting line, overseers have the immediate direction of every thing connected with the estate. The attorney sometimes visits, and satisfies himself whether the overseer does his duty ; if not, he is generally dismissed without delay, and a successor sent with what is termed his dirty paper. The book-keepers are for the inferior purposes of controul on estates, and entirely under the direction of the overseer. Tradesmen, such as carpenters, mill-wrights, masons, and coopers, are often employed for a certain number of estates ;



and all those who reside on properties are provided with board, bed, washing, &c. besides a *salary*.

2d.—Unimportant as some of these preliminary observations might appear, a more busy scene then opened before me. Anticipating not only pleasure, but likewise advantage, not exclusively personal, by journalising occurrences, it was conceived that the several memorandums made should be entered at the end of each month, as a monthly journal.

31st.—The weather had been in general rainy; much thunder, and a shock of an earthquake. An epidemic ophthalmia had been exceedingly troublesome; but, by plentiful evacuations, bleeding, and cathartics, the treatment was successful.

Worms appear to be a great source of disease in children, and frequently in adults. Many cases occurred during the month.

The constitution of this island, in its political establishment, renders it necessary to keep up distinctions in society, which exclude all persons of colour from admission into that of whites. This exception at first appears extraordinary; but some consideration will point out its necessity. To those who are inimical to such laws on the principles of liberality, they may be comforted so far by the reflection, that, though not permitted to associate, yet the kindly offices of friendship are not shut against them.

The humanity of medical practitioners to their negro

patients, is a duty which every proper feeling calls upon them to discharge with scrupulous fidelity ; and it is conceived that, in this place, it may not be improper to remark, with what satisfaction the author can appeal to the transactions of his practice for nearly fourteen years in Jamaica, to verify the truth of his care of that class of unfortunate people.

During the term of residence in Spanish Town and its vicinity, a scene of increasing practice continued to flow in every year of his continuance ; and he feels a degree of exultation in declaring, that he was frequently introduced to new friends, on account of negroes reporting to their masters or mistresses the kindness with which they had been treated by him under sickness.

The above observation leads me to remark, that, on estates and plantations in the country, much of the improvements to be hereafter suggested are required in the care of sick negroes. In Spanish Town, domestics and out-door negroes are, in general, attended to with the greatest tenderness ; and every thing which a master's house affords is cheerfully bestowed, when recommended by the practitioner.

*November 30th.*—The months of August, September, and October, are those in which hurricanes are feared. We were fortunate enough to escape them that year.

Weather extremely variable. North winds set in ; and chilly coldness was often produced. The thermometer in the morning about  $74^{\circ}$  ; at noon, and the hot-

test time of the day,  $85^{\circ}$  in the shade. The evenings were attended by a heavy fog, peculiar to St Thomas in the Vale.

Vegetation begins to fail at this season; and the trees assume the wintry appearance of a European climate,—the foliage drops off, and their fresh vigour becomes impaired.

The parish was rather unhealthy. Remittents, fluxes, catarrhal, and pneumonic complaints, prevailed.

Wormy affections appear to be at all times prevalent. Complaints of the chest, constituting pneumonic inflammation, are there, as in other countries, of a very alarming nature. The disease is rapid in its progress; its treatment, by plentiful bleeding, and other remedies, is to be early resorted to; and we generally, as in this month, succeed in practice.

The cases of remittent fever had been marked by excessive accumulations of acrid bile; in other respects, than that calomel and laxatives were more needful, the treatment was conducted the same as in Europe.

Early change of air from that place where sickness had been contracted, was universally recommended by practitioners there; and it is stated as a remarkable fact, well established, that if the change be even made to a situation less healthy, good effects are experienced.

In considering the receptacles for sick negroes, before condemning, it is proper to compare the comforts of those places with what a negro enjoys in his own house. It must be admitted, that an imperfect confused manner is adopted in that country for providing the



sick negro suitably in a hot-house, or hospital. Under all diseases, diet should be regulated and modified according to the circumstances of complaint. Certain night accommodations should be provided. In these things there are great deficiencies ; and the utmost that can be brought forward, is to say, that, in extreme cases, where danger is represented, the most humane attentions are in general rendered, and nothing wanting which can either conduce to comfort or recovery.

Chronic diseases are little attended to, though it is obvious, that if the medical practitioner should meet with support from the attorney, the proprietors interest, and the cause of humanity, would be successfully promoted.

The patients in lues are promiscuously entered in a day-book, kept on no plan, to which references, necessary to the practitioner, are very tediously applicable. Any attempts at innovation are resisted ; and, unluckily, the plantation-doctor in Jamaica has less to say in regulating these affairs than he ought to have.

Though my time had been short there, it could not escape me, that the nature of medical practice was unsatisfactory on estates and plantations. If the practitioner was earnestly disposed to insist on his prescriptions and other instructions being obeyed, he would find his best efforts ineffectual ; and it would be better, on the whole, by cultivating friendship with the overseer, to endeavour to promote that object.

*December 31st.*—A temperate atmosphere generally

accompanied north winds, which Europeans were not only gratified by, but felt a sensible comfort in. These land-winds, however, have a humidity in them; and, in their passage over unwholesome places, imbibe impregnations, which are known to be prejudicial to health, at the fall of the year in particular.

The diseases prevalent were acute rheumatisms, pulmonary affections, remitting and intermitting fevers, hooping-cough.

The cases of pneumonia recovered, with the exception of one woman, who, under an attack, had been prematurely delivered of a dead child. She fell a victim to its complicated severity.

In those cases of intermittents, where no visceral obstructions were appended, the cold-bath was found useful.

Acute rheumatism is a disorder to which that parish is peculiarly liable, on account of the morning and evening heavy fogs; and night-wandering habits must particularly predispose them to this complaint.

Hooping-cough has been considered a disease that, in many circumstances, may be treated by the cold-bath on approach of the fit; due attention being paid to symptoms indicating inflammation of the chest.

Ulcers in negroes are frequently connected with constitutional distempers. This is particularly the case in those ill-conditioned sores which so often occur in people lately arrived from Africa, in whom there is greater care taken to preserve a healthy external appearance,

than any regard to those feelings which the situation of such unfortunates ought to inspire.

The consequences of oily, acid, and ferruginous applications to the new negro's skin on his way from Africa, have a tendency to impede or to vitiate the salutary operations of the cuticular surface; and thus the system ere long is subjected to disease, and the most obstinate ulcers possible.

The Guinea worm is sometimes generated by this unhealthy state of constitution, which is generally tedious and debilitating in the extreme. It must be cured by the careful abstraction of the worm, which is sometimes many yards long, and the use of remedies and diet likely to bring the system into healthy action. The manner of extracting the worm must be performed with great caution, by rolling it around a small piece of wood as it is removed. It is so intimately known, and so well performed by the negro doctor in charge of the sick, that any further description is unnecessary; yet it may be added, that, if the Guinea worm breaks in the operation of extracting it, the labour hitherto has been in vain; and that portion left forms an animal equally destructive as that attempted to be removed.

Acid fruits are in great abundance; and they were applied, with success, as dressings to ulcers in general, instead of unctuous applications, which do not answer, on account of the combined heat of the climate, increased heat, and offensive discharge from ulcers, rendering them very soon rancid.

The Seville orange is roasted; the pulp is then re-



moved, its juice expressed, and the former applied to the sore ; or any other material added that may be considered adapted to peculiar cases.

The acid of limes, sarsaparilla, and guiacum, made into an agreeable drink, was freely recommended ; two or three drams bark, with or without wine.

In the interior, it is sometimes difficult to procure that wholesome restorative diet necessary for negroes in these circumstances.

It was observed that month, that, in some pneuemonic cases, the pulse was remarkably natural ; which served to caution the young practitioner against seeking a thumping quick pulse to govern his treatment in that disease.

On very many of the properties miserable objects presented themselves of the direful effects resulting from improper treatment of venereal cases. The inquiries made were by no means answered in a satisfactory manner ; but it may be inferred, that these unfortunate persons often concealed their complaints, and go secretly to individuals professing skill in these diseases ; where, by means of their own, remedies are applied, so as to make the external symptoms disappear. Every misery ensued which the mind, acquainted with consequences, can imagine to proceed from neglect. They are considered decidedly irrecoverable, and consigned to a place secluded from the rest, to wait the certain and unavoidable event of their imprudence.

In a case where the eye was less sensible to the impressions of light than it ought to be, and the pupil

much dilated, after other remedies were unsuccessfully tried, a seton was put in the nape of the neck, which gave a plentiful discharge; a calomel and jalap laxative was given every third or fourth morning; and the patient got perfectly well.

*25th.*—Christmas-day is allotted for the commencement of negro holidays, which continue three days; and these may be called the only period of unrestricted festivity they enjoy throughout the year.

An abundant supply of beef, and every other article, is then liberally dealt out to them by the estate. When they have enjoyed themselves, they parade round the place with music peculiar to their country, dressed in a gay and fantastic manner. Their familiarities with the whites at this season are permitted; and they, with the negro men and the fair nigrresses, mix promiscuously in the dance. The great or overseer's house is appropriated to this purpose, when the directors of the banquet choose to occupy it; and they imagine it the highest mark of disrespect and contempt to the overseer to avoid having the dance at his house.

The earnestness and violence with which dancing is carried on among negroes, to what strikes an European as the most discordant performance, will surprise the stranger; it will even agitate feelings which are natural to all, and engender a desire in the inward soul, that such persons were more within the controul of civilized principles.

These three days of festivity and excess being over, the negroes return to their labours with every appearance of satisfaction; and, throughout the parish, I did not hear that an instance of riotous conduct occurred in a population of at least eleven thousand slaves!

In a case of *cynanche maligna*, my friend Dr C. prescribed a gargle of capsicum, which I considered, at first, a violent and even improper remedy. His experience and standing, however, were not to be opposed by a person unacquainted with the peculiar malignancy of diseases in that country. The effect could not fail to afford a favourable opinion of the value of this remedy.

The labour of plantation practice is very great. It requires bodily health, vigour, and spirit, to get through with it. It was never my disposition to form ideas of apprehension in that climate; and, while engaged as I had been, there was no time to think of such things.

*January 1799.*—Weather variable, scanty rains, north winds, two shocks of an earthquake, heavy fogs mornings and evening. At noon, excessive heat; which appeared to be more severely felt, on account of the cold damp of the mornings and evenings, leaving a dryness of skin and interruption to insensible perspiration.

The diseases of this month were very similar to those of the last. *Pneumonia* occurred in several instances. It is extremely probable that the exposure of their per-



sons to night air, under copious perspiration, predisposed more to this disease than we otherwise should have experienced.

*Williamsfield Tom* was admitted to the hot-house with severe symptoms of pleurisy ; was visited by Dr C. in my absence, and had some blood taken from the arm. On the following morning, found him in an excruciating state of pain, unable to breath but with the greatest difficulty ; and, on attempting to cough, cried out. The alæ of the nose were widely dilated in rapid action. Pulse rather frequent, but pretty regular ; his tongue dry and red ; much thirst ; skin dry ; belly bound.

On visiting him, he was found in a room exposed to the north wind. I was able to get about twenty-four ounces of blood from him, which formed on it a buffy coat, and assumed a cup form. A warm-bath was then procured for him ; and, on being removed to a comfortable bed, a cathartic enema was administered ; it operated soon after ; he then got a sound sleep, and perspired profusely. A mucilaginous cachew gum solution for cough, with two drams of the potassa nitrata to every pint ; an ounce *pro re nata*. The enema was repeated in the evening, when his pulse was weak, but regular, and about eighty ; his skin rather dry, and wandered a little ; a blister placed between his shoulders, and took a full dose of salts.

Third day, pulse regular but feeble, breathed comfortably, blister rose well ; a degree of strangury was removed by some opium and camphor ; medicines continued.

Fourth day, expectorated a viscid phlegm,—expressed himself better,—and requested that his diet might be improved. Allowed some soup and a small bit of steak.

*Remarks.*—The severity of the above case needs no description ; and it gives an instance of the effect of decided practice. It must, however, be observed, that, in a greater proportion of cases, bleeding will require to be again and again repeated, even at first to a greater extent than in Tom's case, as syncope threatened there. The good effects of the warm-bath with diluents, gave an active co-operation to other indications of cure.

The whooping-cough still an epidemic ; and, very probably, contagious. Ipecacuanha vomits occasionally,—attention to preserve the *primæ viæ* in a healthy state,—blistering the chest, when thoracic inflammation existed,—bleeding, general or topical,—and warm bathing, were resorted to in severe cases. Where the disease seemed to be spasmodic, and divested of inflammatory or other objections, cold affusion was used with advantage, and change of air, in all cases, recommended.

The garlic synapism is a popular remedy in this disease ; and though it is impossible to give approbation to it, there is no impropriety, on many occasions, in submitting to the fantasies of those officious kind of people who often surround the sick-bed. Indeed, it is in vain to attempt altogether to resist them ; and it has been found, after considerable experience, that if we

can succeed so far as to prevent their doing mischief, the point is carried to its greatest possible extent.

It is admitted, that certain diseases require a due course of medicine ; and it would be scarcely imagined at this day, that even the most ignorant would interrupt the necessary proceedings of cure in venereal cases, yet it was notoriously known, that, in that country, overseers dismissed patients from the hot-house, in opposition to instructions of the medical attendant.

The removal of external symptoms in this disease is only performing partially our work ; yet it has been assumed to send such an unlucky being to work ; and what has been stated formerly, of miserable instances of irrecoverable venereal cases, but too well account for the consequences of such impolicy, setting humanity aside.

Taking into consideration seriously such transactions, it becomes the unavoidable duty of the practitioner to adopt measures to insist on performing the cure in that way his conscience dictates.

An unfortunate midwifery case occurred in a negro woman of about nineteen, on Berwick estate, where it was necessary to perform embryo-uleia. The pelvis was unusually small ; the head of the foetus very large. The unfortunate woman was delivered by this dreadful resource, but did not live a day after.

The barbarous midwives on estates should be watched. They do much harm by rapidly exhausting strength. On inquiry, what was doing with an empty bottle in the room, was informed that it was used to



make the woman blow in, with little intermission, to forward labour ! On asking the midwife if she prevailed on her patient to use it, she replied, she had forced her in a great measure, but the ——— would do as she chose. Directions were given never to let her act as midwife in future.

*February.*—An uniform state of dry weather during the month. Evenings and mornings not so cold. Meridian heat extremely distressing, for the same reasons as last month. North winds continued.

Vegetation rather vigorous ; but the want of soaking rains arrested every progress of the kind.

A great share of good health prevailed throughout the month. The hooping-cough was still prevalent ; and some children of unhealthy constitution, or complicated disease, fell victims to its severity.

The varicella, or chicken-pox, made its appearance on many properties. No management was necessary but to keep them cool, and to preserve an open state of bowels.

The liberal and humane intention of proprietors, in securing medical attendance to their negroes, and whatever other comforts they are represented to be in want of, must meet the approbation of every unprejudiced person. But I have already stated, that those intentions are not carried so fully into execution as might be wished. The sick department, which ought not to be held as an inferior object of attention, is, in many instances, conducted in a careless manner. So far as the medical

attendant's instructions are concerned ; and he has often to lament, that his well considered prescriptions to subdue a chronic disease, and to restore an additional healthy labourer to his employer, were completely frustrated by the negligence of overseers.

It may be necessary here to explain, that, owing to the extensive charge which practitioners are obliged to take on themselves to earn a competent maintenance, it is not in their power to remain on estates, to see their prescriptions put in execution ; but a book-keeper, under the direction of an overseer, has that charge ; whose time is often so much engaged in other plantation occupations, as to afford very little attention to chronic cases in the hot-house.

Bone-ache cases, in which the miserable sufferer presents the most dreadful contortions of the limbs, head, &c. may be traced to improperly treated yaws, neglected venereals, and chronic rheumatism. During that month, where a case originated from *lues venerea*, a manifest abatement of the disease was going on under a mercurial course. My partner held out no encouraging prospect to me in these cases ; but really it was impossible, in such circumstances, not to try what could be done ; and what had been seen of misery, consequent to neglected or patched up cures, ought to establish a resolution never to permit an unfortunate human being to be dismissed, until, as far as our judgment informs us, there was every probability that the cure was completed, and no mercurial, or other disease,

likely to follow from premature exposure to the weather, labour, &c.

The medical gentlemen of that country never met for the purpose of diffusing medical and literary knowledge, though there were many who might have been highly distinguished and useful in constituting such societies.

The unfortunate subjects of bone-ache send out a progeny to the world, which inherit the parents disease. Some shew symptoms at an early period ; but more frequently they have very promising unusually fine skins and complexions till they arrive at puberty, when the disease commences its ruinous operations ; and the victims, with astonishing resignation, retire to a secluded dwelling, till death relieves them.

Tetanus, or locked-jaw, is a disease which occurs with great violence and danger in the West Indies. A case at Dovehall was fortunately successful in the result.

*Sally.*—On the 4th of February, a rugged splinter of wood wounded her in the palm of the hand. Three days after, the sore appeared to be healing kindly ; she was, however, seized by occasional chilliness, a feeling similar to globus hystericus, extending a sense of rigidity to the muscles of the neck and lower jaw. Having concealed the wound, no apprehensions existed of the real cause of these symptoms ; and they did not assume an aggravated form before the 8th. No assistance was called in.



8th.—Dr C. directed some solution of assafoetida with volatile alkali, which was swallowed with great difficulty. He attended till the 11th; and made an incision on the wound, to discover if any foreign substance still remained there to continue irritation. None was found; and the wound was lightly dressed. Opiates were administered, thirty drops every hour, a dram of bark and port wine with it, and laudanum. In the evening, she did not appear to feel any effects from the laudanum. Rigidity of the neck, muscles of the face, the jaws, and along the back, produced a curvature, which left the body to rest on the back of the head and heels. The countenance presented a horrid expression of misery when the spasmodic rigors recurred, as they generally did every minute. I only arrived that evening to witness the case.

12th.—The cold affusion was used last night, which immediately afforded some relief; but the symptoms recurred with violence; and, though it was directed to be repeated during the night, the prejudices felt by her friends did not permit it. One hundred drops of laudanum were given every hour during the night, without even producing stupor. After the cold-bath, forty drops antimonial wine were added to each dose of laudanum: general perspiration followed, and the antimonial was omitted. Pulse about ninety: a cathartic enema operated well.

13th.—Rigidity continued severe, particularly dur-

ing the paroxisms; the jaws forcibly separated, to convey a little nourishment; and it was with great difficulty she could swallow any. The affusion gave evident relief for some time after. Her strength was recruited by it; and the system seemed to enjoy for a time comparative comfort. She retained her wine and bark with laudanum, though it was tedious and laborious to get her to swallow it. Pulse continued tolerably firm, regular, and about ninety in a minute. In the evening, weaker; general rigidity seemed to be rather diminished.

A plaster was applied to the breast of camphor and opium, the odour of which must have been inhaled.

An enema to-day gave plentiful evacuations.

Her remedies continued.

14<sup>th</sup>.—The returns of rigor were less frequent during the night; and the cold affusion was twice administered. She expressed a wish for some nourishment; and had rich soup, which she swallowed with less difficulty. Had not at any time given way to despondency. Some times comatosely disposed; so that the laudanum was reduced to eighty drops an hour. The doses of bark rather increased; and allowed at the rate of a bottle of port daily. Imagined that the plaster on her breast enabled her to swallow more easily.

15<sup>th</sup>.—Spasms less frequent, and confined themselves more to the chest and trunk of the body. Had a tolerable night's rest. The wound on the hand healing.

Some feverish heat : an enema operated ; but a laxative of calomel and jalap was given to her in the morning. Remedies continued ; at bed time, eight grains camphor to eighty drops of laudanum.

16th.—Improved progressively. Laudanum thrice a-day continued.

17th.—Continued better. Medicines as formerly.

18th.—Was able to masticate some rice-gruel ; slightly inclined to costiveness. The enema repeated.

19th.—More sensible than before of pain in the muscles so severely affected. Rigors more trivial. Pulse eighty-four, and natural.

20th.—Complained severely of pain in and about each groin ; but the disease was wearing off. Some camphorated oil and laudanum ordered to be applied to the pained parts.

21st.—In every respect better. She continued to get thirty drops laudanum every hour, and eighty at bed-time : the cold affusion twice a-day.

The disease continued to disappear, and remedies were gradually brought into disuse. On the 12th of March, she was in a state of perfect convalescence.

*Observations on Sally's case.*—This being the first case



of locked-jaw occurring in our practice since my admission to it, it was my duty to attend it personally; so far as circumstances would admit.

The case was of extreme severity; my friend Dr C. said he seldom met with one more so. It was a most favourable circumstance, that medicine, even with labour, could find its way to the stomach during the most severe stages of the disease.

The digestive powers stood in need of little assistance; but it is here necessary to remark, that laxatives should, in all cases, be more fully prescribed than I had done in Sally's. The case was left to my management; but, aware of the necessity of purgatives in that country particularly, I feel it right to acknowledge, that the treatment should have been more blended with aperients,—such as three or four grains of calomel three times a-day.

The above rule, as to laxatives, is still more applicable to the diseases of whites, where organic obstructions and biliary accumulations, require an increased discharge by the bowels.

The cold affusion in tetanus, and the various modifications of this disease, has been many years since pointed out in a clear and convincing view by Dr William Wright, late president of the Royal Collège of Physicians, Edinburgh, formerly an eminent practitioner in Jamaica, whose contributions to the improvement of his profession, and generally to literature, should be long remembered by the faculty and the public of that country in

particular, who have so essentially derived advantage from his labours.

*Helena, a negro-woman, at Dovehall,* had a tumour formed in the groin, which was attributed to laceration while in labour. It was deeply seated towards the perineum; and, as the integuments did not promise an easy external suppuration, it was necessary to attempt to puncture, which, after some days, was effected. That side of the thigh was slightly paralytic after a very large discharge; but, by a course of bark, wine, &c. her health was restored.

*March.*—The island in general suffered from dry weather. The parched appearance of every vegetable production in so hot a country, during the continuance of drought, gave it a melancholy appearance. Even that refreshing sea-breeze, which relieves us from the distressing effects of a still hot atmosphere, acquired, in its passage over the fields, an unpleasant fiery warmth. About the 10th, got an abundant supply of rain; after which, the progress of vegetation was wonderfully rapid.

North, or land winds, are not so prevalent. At this season of the year they are more common at night, and not near so cool. Sea breezes pretty regular, setting in between ten and twelve in the morning. Very few diseases occurred; and, on the whole, it was the most healthy month since my arrival in the island. This may be attributed to the gentle showers; reviving vegetation; the unfrequency of north winds; and the means

afforded in crop-time, to negroes, of getting as much as they wished of the boiled cane liquor.

It may appear dubious how far this saccharine liquor, used without limitation by the negroes when manufacturing sugar, is healthy. But the most decisive evidence is, that, during crop-time, though subjected to additional labour, and that in the night, they enjoy uniformly a better state of health. The peculiar glossiness of the skin, so indicative of health, is never seen to the same extent at any other season.

*Neptune*, aged about seventeen, on Williamsfield estate.

On Sunday, the 3d of February, was kicked by a powerful horse, newly shod, on the inferior part of the frontal bone, inclining to the left side. On laying open the part, several portions of crumbled bone were removed, but no depression could be discovered. A considerable quantity of blood was discharged from an arterial branch. It collapsed on the application of a solution of alum and zinc. vitr. He was also reported to have lost about three pints of blood in the field where the accident happened. He was perfectly insensible; pulse about fifty, feeble, and varying; the pupils of his eye were insensible to light; was put to bed, and directed to be kept quiet; an emollient enema to be administered in the evening.

4th.—Had a very disturbed night; still insensible; enema had the desired effect, but he scarcely swallowed any nourishment; passed his urine insensibly in bed;



pulse sixty-five, more regular and fuller; directed fifteen grains of Dover's powder at bed-time.

5th.—Rested little better; no irritation of stomach at any time; light vegetable nourishment; pulse more regular; the powder repeated.

6th.—Had a better night; stupor continued; pupil contracted slightly on exposure to light; retained a little nourishment; and seemed to have an obscure consciousness of his situation, but did not speak or attempt to make himself understood. In the afternoon, took some pepper-pot, and his pulse intermitted; in two hours after, it was regular, and fifty-nine in a minute. He had, for the first time, that day raised his extremities, and extended them again, as suited his convenience; had some chicken broth; enema repeated, and the diaphoretic powder.

7th.—Rested pretty well; but had not been able to articulate, though he looked about a little, and seemed to express himself by groans. An emollient cataplasm had been used to the wound, and the discharge favourable; pulse soft and regular, fifty-six in a minute; his reasoning faculties very imperfect; was generally kept in darkness; powders continued at bed-time.

8th.—Very little change; hands felt cold in the afternoon, but his legs and feet were in a comfortable state; and the former wore off. Took his nourishment more freely; bowels open; pulse sixty-nine, and regular; powder to be repeated.

9th.—Much in the same state; the coldness of his hands returned about the same time; seemed to like

his nourishment, but expressed by gestures his dislike to the powder ; it regularly produced diaphoresis ; enema to be repeated.

10th.—While dressing him, articulated feebly, but rationally, for the first time ; pulse sixty-four, and regular.

11th.—Had a tolerable night, but his bowels rather confined, though the enema had been used ; an infusion of Glauber's salts, in graduated doses, procured copious evacuations in the evening ; pulse sixty-four, and regular ; the powder as formerly.

12th.—Spoke more distinctly ; complained of the wound ; in other respects improved ; slept a great deal ; his mental faculties still very weak ; continued the powder.

15th.—Much as before.

20th.—An exfoliation of bone going on ; continued better ; ordered to be kept quiet ; on light, but nourishing diet ; and due attention to preserve an open state of bowels.

28th.—Senses gradually restored ; sore doing well.

*March 30th.*—Continued recovering ; exfoliation going on ; same precautions as to diet, rest, and keeping the bowels open, to be observed.

*April 14th.*—A spherical portion of bone separated, an inch and a half in length, consisting only of the outer table, and, adhering to it, some of the diploe,

so far discovering the case not to have affected the inner table of the skull, and that the symptoms consequently proceeded from concussion.

25th.—Another, but smaller, portion of bone exfoliated. The patient recovered completely, though the wound was not quite healed.

*Remarks on Neptune's case.*—It was strongly impressed on my mind, that the accident did not produce fracture or depression of the inner table of the skull, so as to render the operation of trepan necessary. It was at least probable, if such had been the case, the stomach would have been affected ; and, though deglutition was accomplished with difficulty, no nausea or vomiting took place in the progress of his case. These induced me, among other reasons, to oppose an operation to the utmost of my power, though a gentleman, also in attendance, urged the measure. However, I found it impossible to reconcile my mind to be present, or to assist at it ; and, on repeating my reasons in presence of the overseer, it was abandoned.

The pulv. ipecac. comp. (Dover's powder) in that case operated with great effect as a diaphoretic ; and, if any effusion did take place, absorption may have been promoted by it.

The treatment, in other respects, was to keep the *primæ viæ* in a regular and rather open state. In that climate, even with negroes, it would be generally advisable to order a purgative more frequently.

In diet, attention was inculcated to nourish him with



light vegetable food. A little animal flesh was boiled into soup as the case advanced ; but, in that part of treatment, it was particularly necessary to guard against any indulgence of food or drink which might have a tendency to produce fever.

The lad continued well during my stay in Jamaica. The powers of nature appeared to operate in the above case with such kindness and effect, that little medicine was given ; and it would be well, on every occasion, to discriminate duly, before the measures of art are officiously introduced, as more important operations may be going on under her guidance, than all our powers can accomplish, towards a happy event of disease.

The whooping-cough had prevailed for a considerable time among negroes and people of colour ; but it is a singular fact, that none of the white children had been infected. At Mr C.'s the negro children suffered severely,—they were not kept apart from his own family,—the intercourse between them at play was frequent,—yet at his house, or of any other within our practice, no white child got infected, though the disease had been in the parish for upwards of three months.

The hospitable system, on which a great deal is done in this country, should have induced me to notice, that, by request of Mr L. C., I established my residence on the Williamsfield estate, free of expence, and every comfort afforded me for my horses, servants, &c. I could have wished for. The estate is the property of Lord

Harwood ; and every thing is conducted on principles of liberality, highly honourable to his Lordship.

*April.*—Light rains during the month ; the regularity of sea breezes rendered the state of atmosphere more comfortable than usual.

The parish was healthy. Some slight fevers among the negroes yeilded to a day's rest and a laxative. Chicken-pock and hooping-cough continued.

At Hoghole estate, in the circumstances pointed out before, the cold-bath had been tried with benefit in hooping-cough.

In a case of difficult labour and plurality of children, to save the mother, an accoucheur found it necessary to perform embryo-ulcia. He must have been proceeding with undue caution in acting with the blunt hook ; for, in withdrawing, it went through the perineum, lacerating it very much. Some days after, being called, found her in a dreadful state ; and, though every attention was then given to her, she died in about six days after.

For the frequent cases of ulcerated legs, we may find a great variety of vegetable dressings ; and selections may be made of peculiarly excellent properties. The pumpkin boiled, and used as a poultice to foul sores, possesses a great portion of the virtues of carrot ; when some myrrh tincture and bark are added to it, a favourable change is speedily produced in the condition of sores of a gangrenous tendency.

*May 1799.*—Dry weather had checked the progress of vegetation, but, after the third week, rains set in, with much lightning and thunder, constituting what are called here the May seasons ;—heat, at times, very oppressive, particularly from twelve to three in the afternoon, when no breeze comes on.

At Pear Tree Grove a case of fractured femur occurred. It happened to be on my visiting forenoon ; and I came in a short time after the accident. Very little swelling had taken place ; and it was possible to discover that it was directly across the upper part of the bone, about six inches from the hip joint. The reduction was easily effected ; and in four weeks he was on crutches.

*Phillis*, at Newhall, had a mammary swelling, which approached to suppuration, attended by severe hysterical paroxysms. After it had discharged freely, they subsided.

A great proportion of disease here, in those of colour and whites, are attributed to worms of the ascarides, teres, and tænia kinds.

Where inattention to the state of the *primæ viæ* in children is allowed to exist, its effects give room to the generation of worms, and they accumulate to an amazing extent in a short time. Their existence is additionally critical, if the infant is engaged in teething ; convulsive or epileptic fits often occur with such violence, as to destroy the child in a few hours.

Though it is believed that attentive parents may, in general, do much to prevent the formation of worms, it



is expedient, when they do occur, to take the most effectual and speedy means to remove or destroy them.

In cases of that month, an ipecacuhana vomit, followed by a dose of calomel, combined with jalap or rhubarb, and a little crab's-eyes, was useful as a laxative. After its operation, the course of cow-itch was prescribed, a remedy of singular efficacy, acting on mechanical principles, by carrying numbers of spiculæ along the stomach and intestines, which bring the worms in contact with them, either destroying or discharging them by stool. Clusters have been removed by these means ; and it is an additional circumstance in its favour, that, clothed in syrup, its use is perfectly safe to the youngest infants.

A course of worm medicine had been followed up, in which the cow-itch was administered early every second morning, fasting ; on the intermediate mornings, a dessert spoonful of fine Florence oil was given. This course being continued five or six times, a full dose of calomel was prescribed, combined with laxative powder ; tonic bitters were frequently ordered, and vermifuge remedies repeated, if the case still indicated any necessity for them.

Slave-ships, from Africa, frequently arrived, and the negroes were exposed to sale soon after. Their minds were oppressed often by an apprehension that they were brought for the purpose of being made food for the whites. It seemed strange that such an impression was not completely removed, by the pains-taking of the captain, and those under his direction, before they arrived

at their destined abode. Many persons were so humanely considerate as to send seasoned negroes, of cheerful disposition, their own country people, to talk comfort to them, and to explain that their purposes were those of labour, which, for two days generally in the week, was for their own private interests. Some became reconciled ; others remained sulky, and terminated, by suicide, their unhappy lives.

On a sugar estate, in St Mary's, three negro men, recently from the ship, were in great favour, and did not discover any degree of dissatisfaction. As a mark of kindness, they were allowed to assume the names of the attorneys ; were fine lads, of the Coromantee country. Soon after they came on the estate, all of them were of a morning found hanging to a tree. The Coromantees, in general, undergo their servitude resolutely, without having recourse to suicide.

A negro woman, passing along from the ship, was heard to shriek suddenly, and made chase after a negro boy, in the streets of Kingston. The boy, alarmed, run away from her. She persisted, and did not lose sight of him, till he was interrupted in his flight by some gentlemen, and, to their mutual joy, found themselves to be brother and sister, the former having left Africa about eighteen months before. The gentleman to whom she belonged generously agreed to take another negro for the woman. The brother and sister became thus the property of one master, and enjoyed that friendly society so propitiously the result of accident.

*June 1799.*—Plentiful rains served to promote that vigorous vegetation peculiar to the season of the year ; the country looked delightful ; the fields of stately sugar-cane, of coffee, and rich Guinea-grass, the gigantic trees in full foliage, occupying immense tracts of land, contributed to give a favourable impression of the richness of the country.

The month had been, on the whole, healthy ; but, as rains prevailed, it was necessary to guard against remaining wet. In some instances, where this salutary rule was not observed, diseases, arising from suppressed perspiration, ensued.

A negro on Phillipsburgh estate had his hand broken in pieces by getting between the mill rollers. Amputation above the wrist was performed by me the following morning ; and the man did well in four weeks.

At Prospect estate, a mulatto, a vigorous looking young fellow, about twenty-four, got a very violent attack of tertian intermittent, a disease very uncommon at that season, attended by diarrhœa, which approached to dysentery, and appeared to be reducing him extremely. In course of four days he vomited three worms of the *teres* kind ; the stomach could not be composed by opiates, or any other remedy, for two days. Worm medicines were attempted, such as calomel, lime-water, &c. and, as the stomach admitted, bark was introduced ; worms were passed by the mouth and anus ; castor-oil was occasionally used. On the fourteenth day from my attendance on him, his fever seemed to be subdued ; he took the bark in substance, paying attention to prevent



its accumulation in the intestines. He died, however, very suddenly. It was proposed to examine his body, but objected to.

This was one of those cases in which we might have tried to have discovered the cause of death to little purpose. Dissection only could have determined it ; but no opportunities were permitted of this kind by negroes ; at least, it was very rarely that they could be persuaded of its propriety.

Diarrhœa had its source, probably, in visceral disease. Worms lodged, so as to defy medicine, have frequently brought on convulsions and death.

A case of tetanus occurred on the same estate, though not from a wound. The woman was about eighteen years of age, had been much exposed to cold and fatigue ; she came in, with considerable rigidity along the back of the neck, and general pains. She was treated at first, without medical advice, as a common catarrhal complaint ; a blister was put to the nape of her neck, the warm-bath was administered, and a diaphoretic draught taken of laudanum and antimonial solution. Next morning, the jaw, neck, and trunk of the body, were very violently affected with tetanic rigors ; upon which expresses were sent for medical assistance. But such was its destructive severity, that she died before two o'clock P. M.

Where tetanus is ushered in with such decided severity, little hope can be given of recovery. Having seen some instances of tetanus in Europe, it is necessary to remark, that, in tropical climates, it is much more frequent ;

and the violence of the convulsive paroxysms are such, that European practitioners can scarcely conceive in what aggravated shapes it occurs.

On the same estate (Prospect), a case of worms took place, in which it was much my wish to have an instance of the good effects of cow-itch, calomel, &c. ; but the want of a regular hot-house, under proper superintendants, on an estate, will defy the best efforts of a medical attendant ; and it was necessary to give up the attempt.

In ulcers, where foul granulations are formed, the fine filings of copper have been found a very good application.

The extreme heat of that climate had not yet produced any unhealthy effects upon me ; and, in discharging my duties, it was required that my attendance should be given during the hottest time of the day, to enable me to get through a widely extended practice. Where the mind is engaged in business, and the body undergoes what fatigues contribute to health, the greatest possibility is afforded of enjoying health. On the contrary, in a country such as Jamaica, where nature seems to have pointed out active industrious pursuits to man, if he is indolent, diseases are engendered. The mind is a moving agent ; and, in the indulgence of idleness, its state is turned to desponding imaginations ; from which emanate evils, ruinous to health, and too numerous to come within particular notice here.

Regular exercise, proper clothing, avoiding unnecessary exposure to the sun, wholesome diet, engaging the

mind in business, and keeping up cheerful encouraging habits, will conduce to preserve the young European in good health ; and, if attacked, his temperate course of life before will modify the seasoning fever, and tend to secure an early recovery to him.

*July 1799.*—Weather variable during the month ; heavy rains, with much thunder and lightning ; atmosphere often oppressive ; north breezes at night.

Pneumonic diseases prevailed to a considerable extent ; and many cases proved fatal, in a quarter of the practice where I did not attend.

An amputation of the leg above the knee, and the operation of paracentesis of the abdomen, were performed this month.

An instance occurred, where irritability of stomach could not be subdued by opiates, musk, and several other medicines. A plaster, composed of opium and camphor, placed over the stomach, procured relief.

At this season wormy complaints are common, on account of the improper use of fruit, not yet ripened, such as the avocado or alligator pear, the ground cocoa, &c. The former is the vegetable marrow of Sir Hans Sloane ; and, until kept to become soft, is of a tough indigestible nature, likely to induce dyspeptic complaints, and generation of worms in the stomach and intestines.

Sir Hans Sloane says,—“ The avocado pear is accounted, when in the soft (or medullary) state, one of the most wholesome fruits of these countries, not only by way of dessert, being eat with juice of lemons



“ and sugar, to give it a piquancy, but likewise for supporting life itself. It is useful, not only on these accounts, to men, but likewise to all manner of beasts.

“ Scaliger says it is a great incentive to venery.

“ The leaves, dry, powdered, and strewed on wounds, cure hæmorrhages.”

Carnivorous animals, such as dogs, are exceedingly fond of it.

After an ipecacuanha vomit, cow-itch has been administered, and lime-water recommended, by a small wine glassful, which is a good tonic, and has the power of exterminating that viscid slime which the worms clothe themselves with in the alimentary passages. This course, followed up by calomel and oily purgatives, will generally expel them.

*August 1799.*—Moderate, but daily rains, during the month; vegetation continued vigorous; atmosphere variable, sometimes close, at other times refreshing breezes; heat intense, sometimes exceeding  $90^{\circ}$  in the shade.

Several cases of excessive bilious accumulations, of a vitiated nature, occurred in whites.

A schirrhous testicle in Brutus, Sky-Mount, was successfully removed.

The following case of tetanus happened at Williamsfield estate:—

*Trim, August 23d.*—Two days before, spasmodic

symptoms, affecting the muscles of the neck and face, came on, but not accompanied by any fixture of the jaw.

Had an ulcer on the leg for many years, which did not appear in a state of increased irritation. He attributed the symptoms to his being occasionally exposed to cold and wet. The parts affected were rubbed with camphorated anodyne oil ;—at bed time, of opium two grains, antimonial powder four grains, and the warm bath administered.

*24th.*—More rigidity about the neck, and the painful appearance peculiar to the countenance in that disease was described. Rigors frequent ; pulse about 80, distinct, but irregular ; belly bound ; skin open.

The cold affusion was administered four times ; and two grains opium taken after each. The affusion afforded relaxation of rigidity for some time after its use ; but the opium produced no comatose effect.

A cathartic enema ordered to be given : the anodyne frictions to be continued : the cold affusion and opium every two or three hours : port wine to the extent of a quart daily.

*25th.*—Had the cold affusion about six times since the former night, with the opium after each ; but no apparent comatose effect. Deglutition difficult ; the enema operated abundantly ; pulse much as before ; the opium continued, and, at bed-time, ten grains of camphor to it.

26th.—Some slight amendment of symptoms : the same course continued.

27th.—Rested better ; rigidity of parts abated ; deglutition easier ; bowels kept open by an enema ; bark to the extent of six drams daily taken with his wine. The opium gave some rest.

28th.—Better ; the affusion and opium diminished by one-half ; belly open, without the help of medicine.

29th.—Continued to recover slowly.

The above case presents an additional instance of the auxiliary powers of the cold affusion in *tetanus a frigore et humiditate*.

*Mammudo*, a negro of the Munding country, had every appearance of labouring under *tabes mesenterica* ; yet his appetite had no bounds : medicine only produced action of the intestines. He seemed to be silly ; and was deserted by his shipmates,—a circumstance unusual among negroes.

Such a case is frequently observed to be connected with worms ; on which account, powerful vermifuge remedies were ordered ; taking care, at the same time, to support his strength.

Blisters were successively applied to the abdomen ; he was put on a nourishing diet, mustard-seed, bark, and wine. In a few weeks, he was restored to a tolerable



state of health ; but was one of that description of negroes who, at any time, would rather perish than work.

The yawy negroes on estates seemed to me to be in a very neglected state. In the progress of disease, that maintenance was not afforded them which, for curative objects, should be liberally dispensed. A disease, in itself injurious to the constitution, is aggravated from such causes ; whereas, if nature were supported by fit diet, clothing, cleanliness, and comfortable housing, she would work her own cure in most cases.

An immense deal of labour is thus lost to the proprietor ; but this is not all ; for, owing to patched-up cures, premature disappearance of the yawy eruption, disease lies lurking in the system. Bone-aches attack the unfortunate negro ; the master loses a valuable servant ; and this servant drags on a miserable existence.

To obviate such manifest mismanagement, an establishment, properly regulated, should be provided on every estate, under the occasional direction of the medical gentleman who attends the estate or plantation.

In the formation of a house for yawy patients, it ought to be situated near the banks of a rivulet, that they may have it in their power to wash their bodies while the water is tepid after noon-day.

In building a *hot-house* or hospital (as I wish it were termed), it should be a fixed principle at this stage, and in furnishing it, not to permit it to be less comfortable than a good negro-house ; and nothing will contribute in a greater degree to every purpose for which such

houses are erected, than having a hot and cold-bath in one of the rooms.

The legislature has not interfered in the important matter of due attendance being given to the sick, and that their necessary comfort should be secured. This subject has been often suggested, for many reasons,—as one in which its wisely directed authority would be productive of excellent effects.

*September.*—Cold and rather damp weather, particularly mornings and evenings. Meridian heat severe: a smart shock of an earthquake: a great deal of lightning and thunder.

Pneumonia, remitting and intermitting fever, and dysentery, prevailed during the month.

Many cases of pleurisy or pneumonic inflammation proved fatal. This unfortunate event, there is too much reason to believe, had happened on account of delaying too long to call in medical assistance.

The solution of tartarised antimony, so useful when judiciously prescribed, is often abused by overseers; and it is obvious that, in cases of pneumonia, where inflammatory symptoms are running high, the action of vomiting is one of those things which should be carefully avoided.

Remitting and intermitting fevers yielded to the common treatment.

*Dysentery* was chiefly formidable at Raza Mount, where its contagious influence among a gang of ill-conditioned, ill-disposed, and diseased negroes, proved very

fatal, though the worthy and liberal proprietor afforded every means to alleviate disease which could be recommended.

*Crankeba*, at Wallins, about twenty, of stout healthy appearance, was suddenly seized in the labouring-field with inability to speak; and, in two days after, the tongue seemed to be paralyzed: in other respects, she was perfectly well. A blister was placed along each jaw, and another to the nape of the neck, without a change. Mustard-seed and bark were also freely given. In about a fortnight from the period of her attack, a seton was put in the neck, from which a discharge was kept up; and, in a week, she could articulate a little. A worm course was here recommended; but none were discharged.

*October.*—Dry weather till about the 26th; mornings and evenings cold; the October rainy season expected; and, after the 26th, got them plentifully, accompanied by lightning and thunder. The rains so severe in the mountains, that large tracts of land were carried along; and it was more particularly lamentable that, in addition to corn and coffee lands being swept away, several negroes perished. The bodies of water passing through the streets in Kingston proceeded with such impetuosity, that, in attempting to cross one of them, a Frenchman and a negro were drowned.

Pneumonia or pleurisy is a prevalent disease at most seasons of the year, and can be best accounted for by the unseasonable hours which negroes keep, night visit-



ing, and intemperance,—for, in their daily labours, it is common to avoid every thing that may have a tendency to lay the foundation of disease.

Our practice afforded little new that month. Those who became ill, and were besides under the effects of complicated affections before, or who were advanced in life, were the most critical cases; and some of them terminated fatally.

*T. K.*—His case was that of necrosis, which affected the *os humeri*, and produced an ulcer on the arm, discharging a thin serous matter, with elevated hard edges. The bone, about the upper and middle part, was much enlarged, and extremely painful to the touch.

The information which could be gathered from this man gave every reason to believe that his complaints had their origin from ill-treated yaws, where remedies having a tendency to suppress them sooner than advisable were given to accelerate a cure.

A mercurial course, by frictions of ointment on the sore arm, and calomel with opium internally, had, in due time, the effect of touching the gums. It was slightly kept up, and, from its commencement, was progressively subdued. To expect a radical cure, where such a disease had been ingrafting itself into the system for years, would have required the continuance of great care and a course of remedies for a considerable time; but he appeared to be much better; and was directed, without consulting the medical attendant, to go to work.

By circumstances such as these are the best intentions frustrated; and the practitioner has a good deal

to contend with, to be able to make his profession useful in chronic diseases.

*November.*—Much rain, by which bridges, roads, plantations, provisions, &c. suffered considerably. The communication between Kingston and Spanish Town interrupted, owing to quantities of water lodging to the Kingston side of the ferry-house.

Atmosphere extremely variable; more generally cold and wet; sometimes oppressive; and a smart shock of an earthquake felt.

At this season of the year, vegetation becomes naturally indolent, and decomposition takes place.

In a country where immense masses of vegetable matter are constantly perishing, we cannot help thinking that, in such a process, our atmosphere is so infected, to a certain degree, as to prove a source of many of those diseases peculiar to what is termed the fall of the year, including the months of October, November, December, and January.

It is not generally conceived that, in the decomposition of vegetable matter, unsalutary impregnations are conveyed to the atmosphere. In the island of Jamaica, however, experience has taught us, that vapours of the most disagreeable and unhealthy nature from that source are highly injurious to health.

Several negroes were inoculated for small-pox, while under the yaws; and went through them under circumstances fully as favourable as the rest.

A melancholy instance that month presented itself

of the fatality resulting from packed negro gangs, or those formed from Marshall's sales, and collected in small numbers from different places. I do not mean to blame the proprietor; for never could a master have rendered the duties of humanity more amply than he did,—yet a depression of mind, accompanied by *mal de estomac*, spread among them. Though wine, nourishment of every description, and kind attentions, were given, they candidly confessed that death was their wish, and not to survive their companions.

Negroes anticipate that they will, upon death removing them from that country, be restored to their native land, and enjoy their friends' society in a future state. The ill-disposed to their masters will sometimes be guilty of suicide; or, by a resolute determination, resort to dirt-eating, and thus produce disease, and at length death. It is often necessary to check that spirit; and, as negroes imagine that if decapitation be inflicted after death, the transition to their native country cannot follow, a humane principle leads the proprietor to have the head of such a negro placed in some prominent situation; and such has been found a salutary mode of deterring the rest from conduct so destructive.

It must be admitted, that the management of negroes greatly depends on the steadiness, judgment, and humanity, of overseers. White men, distinguished for these properties, will generally have thriving negroes.

*December.*—A great deal of rain during the month,



which continued to be destructive to roads and plantations.

The small-pox being introduced, inoculation became expedient. Unfortunately so; for the excesses at Christmas, in which nurses and all descriptions indiscriminately shared, must have been unfavourable to the children.

Many circumstances convince me that the small-pox is not so much a contagious disease among negroes as it is among whites.

A new negro girl at Hoghole was inoculated for small-pox; but it appeared to fail. In six weeks after, the part inoculated inflamed, put on the pustulary appearance. She became feverish, and went regularly through the disease.

Business much interrupted throughout the island, by martial-law being proclaimed.

The negroes, after enjoying their holidays at Christmas, returned quietly to their labour on the 28th.

*January 1800.*—Moderate rains continued throughout the month; temperature variable; thermometer had been so low as 60°.

An old negro at Knollis's had probably drank spirits during the holidays, and exposed himself improperly to cold and wet. He contracted pneumonic symptoms, which destroyed him in the course of a few days.

An instance occurred at Mount Pleasant, where it was necessary to have recourse to instrumental delivery;

in which, from a cross presentation, and great size of the head, it was opened and removed (*pauvillum*). She seemed to be gradually overcoming its effects; but, in about ten days, died under dysenteric complaints.

Martial-law taken off.

*February.*—Rains continued, but more moderate. North-east winds generally prevailed for three months before. Thermometer at noon about  $85^{\circ}$ ; in the morning and at night  $73^{\circ}$ . Vegetation lively.

The diseases prevalent were pleurisies, intermitting fevers, and bowel-complaints.

One case of pneumonic inflammation (pleurisy). That of Byebrook Charles had been attended by Dr Clarke, and undergone early evacuation, by bleeding, &c. He was supposed to be recovering, and asked one day for some coffee. Very soon after he died, without seeming to suffer pain.

A young lady, lately arrived from England, had been kept under a state of slight ptyalism, as a prophylactic against the malignant or yellow fever.

When females emigrate to that country, it is with the prospect of ameliorating their circumstances in life, either by industry or marriage. Having the latter in view, all that European brilliancy of look, consisting of fascinating expression of countenance, fine complexion, and vivacity, are impaired, if not entirely destroyed, by the operation of that mineral. I have, at this moment, two ladies in my recollection, the one to whom an allusion is

already made ; the other, who, under a severe fever, had mercury pushed so far as to undermine her health and her looks ever after.

Though a supporter of mercurial treatment in the malignant or yellow fever of that country, it is generally admitted that the most slight effect, when discovered by the breath and tender appearance of the gums, is the amount of what we desire from mercury ; and we should immediately desist, rather adopting a treatment calculated to carry off its influence, than by adding to it.

Punch drinking, prepared of lemonade and rum, the latter often poisonous, on account of its newness or original bad quality, is generally commenced after twelve noon, and sometimes indulged in to excess. Long experience, during my stay in Jamaica, convinces me that many are the victims to this unhealthy beverage ; and many cases of individuals, whose fates are to be deplored, might be here produced to prove the mortality arising from it. Even the moderate use of it cannot be advised. It is therefore to be lamented that it forms the sideboard potion of every overseer's house after twelve noon.

As a refreshing and nutritious drink, cocoa-nut water may be mentioned as one, afforded abundantly by nature, as if she pointed out her intention that this hint should be adopted.

There is a great profligacy of expenditure in rum and sugar for plantation purposes ; and it seems reasonable to believe, that if a due quantity of Madeira or Teneriffe wine were daily allowed to each white man on the pro-



erty, in place of rum, the expence to a proprietor would not be greater ; and I am sure their health and morals would undergo an amendment.

Throughout the term of my residence in that country, it was found that indulgence in drinking, even of cool liquids without spirits, provoked the severe returns of thirst. How much more so, when rum was added to lemonade, must be obvious. When our laborious avocations were severe, bringing on thirst and weakness between breakfast and dinner, the most effectual method of relieving both was by a glass of Madeira wine and a crust of bread.

Industrious habits, in that country, are well calculated to lead the European through without sickness, particularly where the mind has it always in view to record what may seem useful in professional pursuits ; the subject of which will admit of acquisition, but can never be exhausted.

*March 1800.*—During the month, a good deal of rain had fallen ; heat much increased ; north winds had several times continued, with an unusual coldness at that season of the year.

Vegetation vigorous ; and, unless on account of variable temperature, during the prevalence of north winds, had nothing to fear prejudicial to health.

Negroes are averse to submit to any thing in the shape of surgical operation. In James's case, at Hog-hole, his constitution was suffering from the fracture of a great toe, the bone of which had become carious, and

removal was the only remedy. After trying whatever I conceived would be useful, he was informed that no other alternative was left. His perseverance, however, suggested to him an idea, that an old woman in the vicinity, of transcendant ability, would save him his toe ; but he returned in a few weeks, no better, and submitted to the operation. He got perfectly well.

The profession, entering on a new kind of practical exercise in that island, may feel itself annoyed by the unaccountable confidence which negroes put in old women, and persons who, they imagine, are gifted with supernatural powers. That among slaves this species of superstition should be manifest, is not to be wondered at ; but when those, of whom better might be expected, lend assent, approbation, and confidence to such ignorant pretenders, it is difficult for a man, anxious to do his duty, to suppress indignation on such occasions.

It is owing to perversion of every rational exercise of the mind, that such persons are permitted to take upon them the treatment of disease ; and when we reflect, that from this source is more generally to be traced the miserable cases of bone-ache, from yaws, *lues venerea*, and other diseases to which negroes are peculiarly liable, it behoves the practitioner to admonish and prevent such violations.

A Creole negro lad, Quashie, at Skye, about fifteen, had an ulcer of a very unyielding nature on his leg, extensive, and forming hard granulations on the *tibia*, furrowing deep in the muscular parts to the back of the leg. His constitution was yet unimpaired ; he felt

his case to be incurable without amputation, and suggested the operation himself.

Such an extensive sore, of considerable standing, had reduced his strength a little; he was put upon good diet, a course of bark and wine. The operation was performed under the knee, with the assistance of Mr F. Patterson.

A cure was effected in the course of three weeks; and a most happy little fellow he was on his wooden leg.

In applying dressings to a stump, after amputation, it had not appeared to me that they could properly be of that simple nature used in temperate climates. There is a great tendency to putrefaction of all animal matter there; and it is certain that, owing to disposition to tetanus, &c. we should bring the wounded surface into early healthy action as soon as possible. For obvious reasons, therefore, after bringing the edges of the wound together, secured in a proper manner, a piece of lint, moistened in a mixture of equal parts, myrrh tincture, laudanum, and water, are applied over the stump; the bandaging then proceeded with as is customary.

We were in the habit of dressing the third day after the operation; and, in general, of putting the patient on an allowance of bark and wine.

The following was a case of pneumonia in Mr O. a gentleman about fifty, much disposed to corpulency.

Found him labouring excessively under dyspnœa,



and other characteristic symptoms of pneumonic inflammation. Though recommended by a practitioner to get bled, he had neglected it for four days. A vein was opened in the arm, from which twenty-four ounces were taken of thick dark blood, which coagulated firmly. An anod. diaphor. and a blister between the shoulders were directed.

*Next day.*—Slept ill, but his pains relieved ; cough easier, expectorated a little ; pulse about 80, and pretty regular. In the afternoon, complained of chilliness ; and feverish heat succeeded. A laxative in the morning.

*On the following morning,* found him complaining still of his side, and difficult breathing ; bled him again. Chilliness and fever returned in the evening. Used a gum mixture, with squills, and took six grains James's powder every three hours.

*Next day,* rigor returned, expectorated more freely, breathed with greater ease, and proposed to go to Port-Henderson for change of air. Was perfectly free of disposition to fever, by the salutary change to Port-Henderson, in the course of a few days. After a fortnight, returned in a state of recovery.

*Port-Henderson* is about seven miles from Spanish Town, situated on the sea side, where the breeze is enjoyed in its full purity. Persons who have undergone severe illness, and are reduced to a state of debility, resort to that restorative air with every probability of advantage. In most cases, such as the above, there is a disposition to the formation of intermittent, where de-

bility is necessarily produced, or ensues from other causes. Port-Henderson will contribute more effectually to a cure than any thing that can be suggested.

While, however, Port-Henderson is so useful a place for convalescents and other cases, it must be remarked, that when land-winds prevail, no such benefit can be expected ; these must pass over an extent of selina and marsh, which render them injurious. With the land-winds, the air is loaded with musquetoës ; but, while the sea-breeze blows, we scarcely feel, see, or hear any of them.

A case occurred of a young man, who instantly died, on the bursting of a vomica in the lungs.

*April.*—Occasionally had severe falls of rain, attended by oppressive atmosphere : thermometer, at noon, from seventy-eight to eighty-three degrees. Vegetation extremely vigorous.

Notwithstanding oppressed atmosphere and heat, enjoyed the blessings of health.

Paracentesis had been performed on *Mount Olive Betty* several times, but without success.

In the case of Oxford, the property of Mr W. a large sore occupied the upper part of the foot for a considerable time, and no prospect of cure was expected. The sore was so situated, that it seemed possible to remove the foot, and save the *os calcis* and *astragalus*, as a rest to the leg. The operation was performed ; but it did not succeed. The stump, after being nearly well,

again broke out into a sore similar to that which had occupied the foot.

A gentleman of the vicinity was frequently attacked by dysuria. He was of a gouty constitution and more liable when its diathesis was present ; when a regular paroxysm fixed itself in the extremities, he scarcely ever suffered from it.

Nothing could exceed the distress which that gentleman suffered. His rational senses were often absolutely gone ; so that he could scarcely be prevailed on to sit down while it was necessary to administer to his relief. An emollient cathartic enema was first used to unload the rectum : which being accomplished, two ounces of starch, with two drams of laudanum, and some gum assafoetida were thrown up as an enema, with directions, if possible, to retain it. Half a scruple camphor, and forty drops laudanum, were swallowed in shape of a bolus. The warm-bath was at the same time used ; fermentations, and the enema repeated *pro re nata*.

This gentleman's constitution did not admit of bleeding. He was of very long standing in Jamaica, worn out, and suffered much from frequent gouty paroxysms. Indeed, it is probable that these attacks on the bladder were of that nature.

During my residence in Jamaica, only two cases reached my knowledge of stone in the bladder, and these I had never seen. It is a disease from which, it may be said, that country is wholly exempted ; and, from examinations made before the above gentleman



was under my care, there was no gravelly formation in the bladder.

A young Creole negro, at Skye Mount, had been for some years afflicted with pulmonic complaints, but, for some months, they were worse; and she particularly complained of pain in the left side. She felt little advantage from squills, calomel, and pectoral medicines; but a seton in that side near the seat of pain relieved her much for a considerable time.

Mr A. F. had been generally of a bilious habit since his arrival in that country, about nine years since; much disposed to corpulency; was subject almost regularly to vomitings in the morning, merely of phlegm, seldom of a bilious nature; complained of uneasiness in the right side; his skin discovered considerable bilious diffusion over it; felt extremely indolent; and generally costive.

About two years before, an hepatic complaint was so severe, that, on being recommended to it by his medical attendants, he went to America, where he got well, and returned to Jamaica: was there put under a course of calomel, squill, and opium.

Mr F. seemed to be about thirty, disposed to corpulency, and of an indolent disposition: had been put on a course of calomel, with an occasional laxative; and, as a tonic, colomba infusion.

As is common in protracted disease there, particularly where visceral obstruction exists, his complaints degenerated into an intermittent of the tertian form. In one attack of the cold fit, he became so low, that I

feared he would sink ; but twelve grains of camphor were introduced to the stomach, with warm ginger-tea, which acted powerfully as a restorative.

Removed for a change of air to Spanish Town and Port-Henderson ; and it is astonishing how powerfully it operates on the system in that country, with no other aid than attention to the *primæ viæ*, and doses of calomel, likely to produce some action on the biliary organs. He returned free of complaint in three weeks. Was not, however, long at home, when he became again jaundiced : a course of calomel was then more actively followed up, till ptyalism was established, when the more alarming symptoms wore off.

This was one of those cases as purely a liver affection as is generally to be met with in the West Indies. A sense of weight and fulness in the right side, the pain often extending itself to the tip of the shoulder, and the general aspect of the sufferer, but too clearly indicated its nature. The unfortunate subject should let no consideration keep him in that climate. But, where sanguine hopes are formed of acquiring riches, it is surprising with what indifference health, and the hopes of ever enjoying them, are looked forward to.

That gentleman was kept under the influence of mercury for several months after, and got, on the whole, better.

A connected account of such a case, from the commencement to its event, where practicable, is desirable for the ends of a professional reader ; and, though yielding to such a deviation is a trespass on regular

monthly detail, the express object, it is trusted, will meet indulgence.

In May, was much better : the jaundiced appearance gone off ; he was more active, and scarcely felt uneasiness of the right side.

In January 1802, Mr F. had been subject to attacks of the liver since May 1800 ; but they very seldom confined him. His mind was much engaged in the improvement of a coffee mountain ; he consequently took a great deal of exercise ; but though the disorder was less felt, its advances were progressively invading life. It is in vain to expect that, in a country which has been the source of this disease, its destructive progress can be effectually arrested. The only certain prospect is, to remove to a temperate climate, where such morbid action is likely to be superseded, and where there is such an universal tendency to health, that, if disease has in a slight degree established itself, there is yet a probability of recovery.

When sitting one day with Mr F. at dinner, he felt suddenly sick at stomach, with a strong desire to go to stool : got up, but was extremely faint, and, though tenesmus was violent, passed scarcely any thing. Expectoration of yellow bilious phlegm was coughed up for about ten days before.

From his sensations on rising from dinner, I can have little doubt that an abscess burst in the liver, and discharged its contents on the intestines, causing the violent tenesmus that ensued. The symptoms usual in gangrene came on, and he sunk in two days.



In the spirit of prejudice so universally prevalent, it was in vain to attempt examining the body.

*May.*—Rains rather scanty ; heat oppressive ; thermometer, at noon, from ninety to ninety-three degrees. Winds generally from south and west. Several accidents happened from lightning and thunder. A negro, on a mountain, was struck dead. Plentiful rains only wanted to give us that active vegetation peculiar to the time of the year.

As usual in these months, when the air is purer than at any other season, good health was in general enjoyed, unless to those who inflamed the system by hard drinking, and unnecessary exposure to the sun's rays.

As an alterative in cases of ulcerated legs, &c. among negroes, the decoction of guiacum, with oxy-muriate of mercury, has been found an excellent medicine : warm clothing and wholesome diet should accompany such a course.

Dr. D. of St George's, had been in the habit of preparing a fermented drink from guiacum and sarsaparilla, which, it was said, he gave with advantage to negroes under obstinate sores.

In country situations, it is a subject of astonishment that more trouble is not taken to secure the blessings of health. It is obvious, that every habitation should be cleared, for a great way round, of all superfluous wood and vegetable accumulations, which must otherwise impede a free circulation of air, and impregnate a confined atmosphere with unwholesome materials.

It is advisable, however, to have dwellings protected against a northern exposure ; and this may be done by having some orange or tamarind-trees to the north side of the houses.

It is in their power to ornament the exterior by a great variety of trees of rapid growth, while the purposes of health are likewise fulfilled.

The camphore, cachew, cinnnamon, tamarind, orange, shaddock, lemon, lime, and mango trees, may be seen in beauty at all seasons, improving the pleasures of each succeeding day, and without any other trouble than that of having them planted ; or, if they are already produced, not to permit them to be destroyed.

The duties of public religious service did not seem to be observed here, though my friend the rector was not to blame, his church being uninhabitable. He met those Christians of colour at his own house, who were disposed on Sunday for religious duties, where, he assured me, that there prevailed a propriety of devotion, which would excite the admiration of the religiously disposed. It would have been well for those who ought to have shewn such an example, to have profited by that admirable exhibition, from which so much might have been inferred.

The above circumstance, added to others that might be adduced, gave good reason to imagine that Christian habits introduced more among negroes, would have a salutary influence on the master and servant, and would remove, what are in fact the most objectionable argu-

ments against that state of servitude implied by slavery.

The sacred observance of Sunday appears to me necessary, if we expect either religious or moral good effects from the commands of God. It has occurred to me, that, in countries where the duties of that day are becomingly attended to, a greater proportion of virtue, and that beautiful consistency accompanying it in every transaction of life, are to be observed. On the contrary, where the Sabbath is violated,—where a decent devotion is not manifested,—the manners of the mass of the people are vicious,—regardless of every commendable principle,—and afford examples of human depravity, which, it is with reluctance I must say, is too applicable to that country.

It is much to be wished that the fourth commandment were more fully taken into consideration. It seems possible to do away Sunday markets and cultivating the ground. Sugar-mills should not be at work on that day,—indeed, no labour allowed. It was appointed by divine authority to be a day of rest and devotion, on which no work should be performed.

*June.*—Had very favourable rains : heat severe : thermometer, in the morning, about seventy-five degrees ; at noon, eighty-four degrees. Much lightning and thunder, though very few accidents occurred by either.

During the extreme heat, considerable numbers of young men were coming from England to the island ;



and, from an inconsiderate boldness, were not aware of the bad effects of exposure to the great heat of the sun at that season, particularly at Kingston, where they are commonly landed. It is computed that a proportion of more than one-third died in course of three weeks after their arrival.

At Palm estate, a case of tetanus occurred, from a compound fracture at the knee-joint. It was not within the usual course of my practice, and I did not see it. Dr C. used the cold affusion ; but the man died.

The *cynanche maligna*, or putrid sore throat, had been very fatal : out of three cases, two died. It is often difficult with children to get them to use medicine as we could wish. Thus, some cases were lost, which otherwise might have been cured. The bark, wine, and capsicum gargle, were advised ; but, in two cases, all remedy was in vain ; and they expired on the fourth and fifth day.

*July.*—Sufficient rains to preserve active vegetation : heat much the same as last month : sea-breezes regular. Introduction of small-pox became necessary, owing to the natural kind having made their appearance ; cool apartments had been secured for them ; at least, such as were considered best constructed for the purpose in that country.

At Stirling Castle, a woman was affected severely by tetanus, which was complicated with hysteria : the cold affusion was freely used, and had good effects.

The white arsenic pill had been used in some cases of elephantiasis and foul obstinate ulcers ; and a change rather favourable was the consequence. This mineral has been fashionable ; but I have never yet recommended it : and, I observed lately, by some report on it, that, in a morbid body dissected, a deposition of arsenic was discovered in some of the larger bones. I suspect it has a tendency to do much more mischief than any permanent good.

When negroes become habitually sickly, they complain of pains in the stomach, and get a cadaverous appearance ; a deprivation of that true black skin which distinguishes them when in health ; yellow streaks are observed to mix themselves with the other ; a heaviness of the eye appears ; the *tunica conjunctiva*, extending itself within the eye-lids, is not marked by the usual number of blood-vessels, but discovers them filled by a pale, yellow, and watery humour, of a slight red colour ; pulse frequent and feeble ; vertigo, palpitation of the heart, inability to go up hill. These symptoms constitute what is known by the name of *mal d'estomac* among the French ; among the British, the stomach evil, or dirt-eating.

As the disease advances, the countenance becomes bloated and swelled, tongue pale, and sometimes with a white crust on it. Under the *cartilago en si formis*, considerable palpitation is observed ; all disposition to take nourishment now begins to subside ; and a short time terminates it in death.

In the female, as well as in the male, it often occurs ; and, in the former, it is remarked that the menstrual evacuation is also obstructed. But this is not universally so ; for I have known it equally regular as in health.

*August 1800.*—That month favourable to vegetation, though there had been several squalls, and a slight shock of an earthquake.

After this month, the natural course of things are such as to render vegetation passive ; and, about the end of it, we find that the people are not so healthy : For a disposition to intermittents, attended by increased secretion of vitiated bile, had shewn itself on several occasions ; but they yielded to the use of calomel, combined with jalap and antimonial powder, to have a powerful purgative effect ; and the bark was then successfully administered.

At an estate, a young man, lately from Europe, a book-keeper, became feverish, which, from Dr C.'s account, must have been a remittent bilious, having blended symptoms of the malignant epidemic, or yellow fever. His treatment it was not possible to procure a particular account of. He died on the tenth day after he was taken ill.

For the credit of the country, and the proprietors to whose service young adventurers dedicate themselves, it is much to be wished that attorneys of estates, in absence of proprietors, would secure to young men, book-keepers, tradesmen, &c. the comforts which can be so



easily afforded to them, without additional expence, in particular while labouring under the accumulated distresses of sickness. It would be an act of kindness, and no way offensive to an overseer of humanity, to see the attorney, when he visits the estate, inspect the rooms appropriated for whites; and to inquire of them how they are dieted, and if they have any complaints to make.

A code of standing regulations, for the united purposes of comfort and health, would be a most useful addition, if applied to the rooms occupied as bed-chambers by the white people on estates.

These observations are not made for trivial reasons; there are very few subjects which require more attention to rules, substantially such as are stated above. The situation of whites on estates, on the present establishment, is capable of giving every necessary comfort, without a greater than the present expence; yet it must be added, that there are instances where they suffer from neglect, both in health and sickness. To obviate these few trespasses against humanity, and the general wish of proprietors, is the object of these remarks; and, if attended to, the adventurer will have no reason to repent the change he makes to Jamaica.

At Prospect estate, Frankie, an elderly negro woman, had her hand bruised, owing to carelessness about the mill. The fingers between the thumb and little finger were chiefly injured; but its severity was not such as to point out the necessity of amputation. In four weeks the wounds were nearly well; but a small

ragged tendinous expansion was observed on the part, which, she said, gave her a great deal of uneasiness, and occasional startings of the arm. It was removed by means of a scalpel ; but they increased ; and confirmed tetanus progressively established itself. The usual remedies of cold affusion, opiates, tonics, &c. were tried ; but its determined severity continued for four days to defy every remedy, when she sunk.

At the same estate, a negro, about forty, got his skull fractured about the anterior part of the right parietal bone : there was evident compression. On examination, the part was depressed, and a large fissure discovered. On my arrival there, found the man under the surgeon's hands ; the operation of trepan nearly finished ; he died, paralytic, on the third day.

In a negro family, at Knollis's, a brother and sister lived together ; the sister had been liable to hysteric fits ; the brother, for several years past, had been affected in a similar manner, when the paroxysms attacked his sister.

At Dovehall, there was a negro woman, rather disposed to corpulency, about twenty-five, of a heavy inanimate appearance, who never had her cataminia, and never enjoyed good health.

About two years before, at Williamsfield estate, a negro child lost its mother, when a few months old ; and charge was given of the infant to a female, the intimate friend of the deceased, at her own desire. The woman never had a child herself, and her purpose was to rear the infant by spoon-feeding. She was, however,

induced to let it sometimes take the nipple, to soothe fretfulness. Continuing it occasionally, she was astonished to find good milk from her breasts, with which she reared the infant.

*Agnes*, a female negro, at Newhall estate, was suddenly seized with paralysis of the left side, extending to the arm and extremities of the same side. Blistering, vermifuges, bark, mustard, rubefacients, were tried, without effect. The alimentary functions were in a pretty good state ; pulse, in general, feeble, but regular.

Electricity was tried, by passing shocks through the side and extremities. Persevering in it, and a tonic course for some time, she was evidently better, and was capable of resting on and moving the leg. She was extremely pleased with returning three or four times a-week to undergo electricity, expressing herself confidently that she was getting cured. We added the occasional use of cold affusion. The course of treatment was continued about four weeks ; the paralysed parts had undergone a favourable change ; the arm did not improve to the same extent.

About that time, *Agnes* was sitting alongside of the negro doctress in the hospital, amusing herself cheerfully, and exulting in the advances she was making to recovery. In that state she was in the evening. On the following morning, she was accosted by an oldish negro, named *Dick*, belonging to the estate, who had established his name as a great *Obi* man. *Agnes*, not long before, had declined his amorous addresses ; on



which occasion threats were made by Dick ; and she was so much impressed by apprehension from these circumstances, that, on his addressing her, she fainted, and could not be again fully restored to her senses. In course of that evening, she passed *fœces* insensibly, and used Dick's name often with horror. In a few days she sunk.

A general outcry by the negroes succeeded her death against Dick ; and such was their violence, that the overseer found it necessary to yield to an inquiry. A party proceeded to his house, to search for Obi implements, which Dick and the overseer accompanied. The floor of his house was dug ; a small coffin was removed from it, which he said he had placed there to the memory of a friend. This the negroes denied ; and pronounced it to be one of the instruments of his Obi practices.

It is incalculable what mischief is done by such designing-crafty people as Dick, when they establish a superstitious impression on the minds of negroes that they possess powers beyond human. Such persons gratify revenge against their own colour in a destructive manner ; and, when bent on ruin to their masters, that malignant disposition is gratified by also destroying the negroes, his property. Mineral poison has been sometimes artfully procured ; and it is believed that there are vegetable poisons which are less likely to lead to a discovery. The agency of neither is often required ; for the effect of a threat from an Obi man or

woman is sufficient to lead to mental disease, despondency, and death.

The evidence against Dick was undoubted ; and the negroes regarded his stay on the estate with horror. The whole was submitted to the proprietor ; and he was transported to some of the Spanish possessions.

That measure was at once humane and effectual ; for if the man had been brought to trial, and convicted, death would have been the consequence. His transportation removed him from doing mischief ; and he was sent to a place where he would be comfortable.

*September.*—Plentiful rains during the month, with much lightning and thunder. Vegetation not so vigorous. Whites rather unhealthy. North winds prevailed. Remitting and intermitting fevers more generally ensued. Heat considerable.

The approach of fever was previously characterised by a sense of fullness under the sternum, which produced headache, inactivity, and general uneasiness. Calomel and antimonial powder successfully used in these cases, to evacuate bilious accumulations ; but powerful cathartics were sometimes necessary, such as infusion of Epsom salts, manna, and jalap ; or, senna, with kali tartarisat. The latter was found the best, though more difficult to be procured in the country.

*Wiltshire*, a negro at Prospect estate, where there

was no tolerable place for the sick, had an abscess of some standing in the left and lower side of the belly, affecting the upper glands of the groin. It discharged an ill-digested matter; and he was put on a course of bark and wine, the decoction of woods, mezereum, and vegetable acids. His diet was fresh and nourishing. This treatment did not promise success; and sinuses were penetrating the integuments of the abdomen. Calomel and opium were ineffectual; and Dr C. proposed to try arsenic. It produced no favourable change,—the sores extended,—the man became hectic, and died.

The above case is singular; and it is difficult to refer the disease to any particular form. It is to be feared that our directions met with very little attention; otherwise, I think that the result would have been favourable. The want of an hospital, under tolerable management, really puts it out of the power of any practitioner to get justice done to his prescriptions.

*October.*—Much rain during the month, accompanied by severe squalls of wind, and a great deal of lightning and thunder. Breezes more generally from north and north-west. Atmosphere unusually humid.

The season of the year comparatively cold; and north winds were unfavourable to vegetation. In these circumstances, we found more disease prevailing; and that month had been the most sickly we had had for some time.



Europeans of plethoric constitution, only a few months in the country, and some who were not distinguished by that peculiarity of habit supposed to predispose more particularly to the endemic fever of the West Indies, were attacked in the shape of remittent. The disease put on symptoms of considerable malignity, of which the following was a case.

Mr J. G. aged about seventeen, plethoric habit.

First day, complained of headache, general uneasiness, nausea, pain of back ; pulse ninety, full, but regular ; skin dry and hot ; belly rather confined ; tongue moist, but clammy. Had been in the island about six months. From a false opinion of his power to resist disease, he was in the habit of sitting with wet clothes on. Had already taken a mercurial purgative, from which he was that evening getting copious stools of an acrid, fetid, and bilious nature.

Second day, had a restless night, but his headache easier ; had difficulty in retaining his medicine. Pulse one hundred, and full. Acknowledged having felt unwell several days before assistance was called in. Skin dry.

Had taken calomel, antimonial powder, and, at night, thirty drops laudanum, to compose his stomach.

Third day, had a disturbed night ; vomited a very large quantity of his drink, with bile, and discharged a great deal of bile by stool. Graduated doses frequent.

ly repeated, of calomel ; the antimonial powder, when his stomach would admit of it.

Fourth day, had a quieter night, and felt much better ; bowels open, and motions not of that offensive description they were. Complained still of slight headache. Pulse ninety, and regular ; skin moist ; tongue clean ; little thirst. A blister applied to the nape of the neck. The laxative treatment continued.

Fifth day, much as before ; belly open ; skin hot ; pulse one hundred.

Medicines as formerly.

Sixth day, had a disturbed night. Discovered symptoms of delirium. Pulse smaller, irregular, about one hundred and ten ; skin dry and hot ; tongue parched ; thirst urgent ; frequent vomiting ; motions more acrid and bilious ; extremities disposed to coldness ; and there was much restless incoherency. Rejected wine, mixed or otherwise. Vomited also his nourishment. A blister applied to the back, and one to each thigh. Bark, by *enemas* of the Indian arrow-root, every two or three hours.

Seventh day, had a bad night. Every symptom aggravated. Pulse so quick and small that it could not be numbered. Delirium increased. Countenance unmeaning, and yellow streaks formed near the ears and along the neck. His stomach did not retain any thing. Bark *enemas* administered every two hours, but without effect ; and they at last came away insensibly. Several livid spots on the extremities. False objects presented

in the evening. *Subsultus tendinum* and convulsive affections of the face became frequent.

Seventh day, he sunk.

Such is the malignant progress of the remitting fever of that country, which has been considered by many as the endemic remittent of Jamaica. Many eminent writers consider the yellow fever as an aggravated modification; others, a fever *sui generis*; and a disease which should not be classed with the remittent.

The treatment was conducted in part during my absence; and, in the detail now given, it is more my intention to introduce the symptoms and progress of the fever, as they were given in to me, than to enter into the *minutiae* of treatment.

On an estate where we attended, we found an unusual want of success in our general practice; and discovered, after some time, a total inattention to prescription and diet. Remonstrances were made, and greater attention was given; but a good deal of mischief had previously happened. Wine had been withheld, though it is customary with proprietors to send a liberal supply for the sick.

On account of the impolicy which obliges country practitioners to take extensive charges under their care, that minute attention to see orders executed is not practicable; and much of the consequences are to be attributed to this cause. It is intended to submit some propositions, with a view to improve the manage-



ment of the sick, before these observations are closed ; which, if adopted, it is hoped will remedy the evil.

At Newhall estate, the overseer got bilious remittent ; but, as he was of old standing, it did not assume any malignant shape. Some persons in the same room with him contracted similar symptoms of fever ; but that affords no conclusive reason for supposing that contagion had any share in it, as they were all exposed to similar exciting causes.

Mr D. at Williamsfield estate, lately from Europe, of a thin pale appearance, became feverish, which assumed the type of a tertian. For several weeks he was exceedingly reduced, and lost the sense of hearing for a considerable time after.

It is a rare instance to find that Europeans recently arrived get a fever of that type ; and the above case is noticed as a deviation from what commonly occurs.

In concluding this month, circumstances came within my observation, which call upon me to caution young men against permitting themselves to be seduced from those habits of good breeding which they were accustomed to in Europe. They will see, on some properties, not only a coarseness of manners and conversation, but an affectation of them, which arrives at the most disgusting kind of language that can disgrace human beings. It will require resolution to resist them, when the example is set by those to whom they are sent for instruction ; yet I have seen some admirable instances of it. Indeed, it gave me pleasure, on some occasions, to observe the most exemplary conduct at many over-

seer's tables. Such are those to whom the care of youth should be committed.

It will be observed, that persecution and oppression sometimes find their way on estates to whites and negroes, —these are frequently detected ; but it has been hitherto necessary for proprietors and attorneys to compromise one fault for another virtue. Let young men, however, beware of getting callous to the sufferings of a fellow-creature under a tyrant's power ; and not only sympathise, but take candid measures to inform when he is conscious a punishment has been extended beyond its proper limits, or when the victim has not deserved it.

Provisions are wisely made by the legislature, and supported by the great proportion of proprietors, against abuses which have a tendency to deprive either whites employed on estates, or negroes, from improper treatment in health or sickness. It remains, then, for the representatives of proprietors to execute the trust reposed in them ; and it is obvious that, while plantation interests are attended to, very unsatisfactory reflections will irresistibly invade the mind of proprietors or representatives, if the duties of humanity have been violated, where either are concerned.

*November.*—Heavy rains, atmosphere variable, north winds, much lightning and thunder : chilling colds and humidity prevailed.

On the 1st, experienced a severe storm : the standing provisions were very generally knocked down,—

consequently, lost. Among these, the plantain, banana, and some bread-fruit trees. The ground provisions, such as cocoas, yams, &c. did not suffer much. It commenced with severe showers of rain from the north. On the evening of the 31st October, the wind increased very much in the night. In the morning, its destructive effects were perceptible among the sugar-cane fields, where this noble plant was twisted and thrown down in all directions. The wind continued very high during the day,—sometimes as if from all quarters at the same instant: at about three P. M. it suddenly shifted to the west, with additional severity. It continued to carry devastation along with it. About six P. M. the sun's rays (for the first time since the storm commenced) glimmered through the clouds: in an hour after, the weather became moderate.

The rivers were higher than ever remembered, stretching considerably beyond their banks; and such was the impetuosity of the floods, that new courses were formed by them.

Next day only, were able to get beyond our house doors; and every thing which met the eye contributed to spread a gloom over the mind. Though not coming strictly under the denomination of hurricane, its effects were as injurious.

Such weather, at a season when immense masses of vegetable matter are undergoing decomposition, and when, in that country, animal putrescency is going on in the great field of nature, too much reason is given to apprehend the recurrence of disease peculiar to these



months. Newly arrived Europeans suffered a good deal ; though it might be imagined that the coldness of the season would have rather been a security against disease ; but it was otherwise ; for the properties of the air interrupting insensible perspiration, and its influence, from containing unwholesome impregnations, produced the usual symptoms of fever, under those types, which peculiarity of constitution, as it related to the lately arrived European, or of him who was of longer standing, in a tropical climate, were liable to.

While such an unhealthy condition of the white inhabitants existed, the negroes enjoyed very good health.

*Mr S. F.*'s was a case of unusually protracted remittent fever, where an unfortunate impression was confirmed in the mind, that he had been bit about the thumb by a mad dog twelve months before. Such appeared to be the deranged, but firm, belief of that circumstance in his mind, that every effort to eradicate such a source of increasing lamentation to himself could not be removed. The progress of fever shewed aggravation of symptoms, which added to its danger, and the case was certainly, throughout, more alarming in consequence.

The mercurial treatment was assiduously pursued, to procure evacuation of bilious accumulations, and, if possible, to produce some slight effect on the salivary glands. That torpid disposition of the *primæ viæ*, the general characteristic of the disease, rendered the use of powerful cathartics necessary to aid calomel and pulv.

antimonialis. We found the bark, whether in substance or decoction, nauseated or vomited. Snake-root infusion, with æthr. nitr. had a very happy effect as a tonic, and in composing the stomach.

On the twelfth day, a more perfect intermission was observed ; and concomitant circumstances afforded reason to expect convalescence, when he was sent to Port-Henderson and Spanish Town.

It has since appeared that this unfortunate young man had had mental disease for some time before. It recurred with additional severity soon after, and continued until his death.

Mr F. at Tulloch estate, got a malignant remittent. Under the care of another practitioner in charge of that estate ; and died about the fifth day.

Mr D. M. was seized with the same kind of fever ; which, being early attended, yielded to the usual evacuating course.

While a malignant fever prevailed among most new comers, it became my duty to attend to several patients, and to hear of many more, a proportion of whom sunk under the disease. I spared neither labour nor attendance ; and the season was trying ; but it was my fortune to continue well.

*December 1800.*—For the first two weeks of the month, had heavy showers of rain ; atmosphere variable ; evenings very cold ; thermometer sixty-five degrees ; north winds prevailed.

The white inhabitants enjoyed better state of health,

than expected during the continuance of northerly winds. An increased disposition to disease never fails to accompany them. The rains, however, being moderate, fewer fevers occurred than in November.

Several instances of relapse into fever, where sea-side air was not resorted to in due time, or when, instead of an advisable change, a more lofty or humid situation was chosen. From the mountains, the lowlands should be selected ; for, about Port-Henderson, and towards the interior, the cold north land wind prevailed. During a part of the day, however, a refreshing sea-breeze is generally felt, particularly at the upper lodgings belonging to that place.

Mr ——— was attacked by rigor and fever, which degenerated into a regular tertian. He lived on a property, which, from local circumstances at that season, disposed very much to ague.

The bowels were moved with increased doses of calomel, pulv. antimon. and jalap, assisted by diluting laxatives, such as Epsom salts, &c. Immense accumulations of acrid bile were discharged, as usual, in such cases. Bark and colomba, with antimonial wine, tincture of steel (in sp. sal muriac), were then freely administered.

This course, however, was of little effect while he remained on the estate ; and he was prevailed on, after finding it would not do, to repair to the lowlands, about Salt-Ponds, and Port-Henderson. He left Hoghole on the day on which the paroxysm became due, joined a party where the glass circulated freely, and it passed



over without an accession. The colomba, bark, and attention to his bowels, were advised ; and he got well.

When a great degree of humidity prevailed in the atmosphere, with coldness, it was customary, in some places in Jamaica, to have fires put on ; and it appeared to me, that the air was rendered more respirable, while the temperature underwent very little alteration. It seems, therefore, advisable, during these months, to have fires occasionally ; and it would be well if, in houses, fire-places were built in many of the rooms.

The Christmas holidays afford an irrational indulgence to negroes in the excessive use of spiritous liquors, and other sources of disease. There are no bounds, in those days, to the full gratification of their passions ; and their sufferings have uniformly been severe after ; for diseases, such as pleurisy, have been contracted, under symptoms so formidable, that no care could bring many cases to a favourable issue.

*January 1801.*—Light rains during the month ; north winds, in the mornings cold ; the same at night, so as to render a blanket acceptable in bed ; thermometer, at noon, in general about eighty-three degrees : at night, sixty-six degrees.

Much more healthy than the preceding month. Where proper change of air was enjoyed among whites, who had been sickly, they in general got well ; but some who did not, laboured under intermittent ; and, it was probable, would not recover while these winds prevailed.

Negroes pretty healthy, with the exception of a few cases of pleurisy.

At Peartree Grove, a negro, in a fit of jealousy, by a plunge with a knife at an another negro, cut across the brachial artery. It fortunately happened that our assistant Mr F. P. was there at the time. He laid the artery bare with a pen-knife, and secured it by a ligature : brought the wound together, dressed it lightly, and put his arm in a sling. His recovery was tedious as to returning pulsation at the wrist, or the natural mobility and feeling of the parts ; but stimulating frictions, and a blister put to the sore arm, were of service.

Mr R. M. Crawl estate, many years in the island, about forty, in common with many others, contracted fever during the unhealthy months. Particular determination of blood to the head was evident, by the excessive flushings of his countenance, delirium, &c. ; yet his constitution was a feeble one, and did not admit of evacuations by bleeding. By such treatment as was followed in other cases, the severity of his complaints were mitigated. He was recommended to go to Port-Henderson ; and though he could well afford more for the recovery of his health, the expence was a hideous objection. He trifled with himself for about six weeks ; and was then conveyed to the lowlands in extreme debility, depravity of mind, and altogether in a state extremely hopeless. We found this man, after an imperfect recovery, getting a tertian in March following.

In April 1802, it was remarked that Mr M. was advised by Dr C. and myself to go to America for the recovery of his health. He declined following the advice, though he was exceedingly worn out by a long series of sickness, which left the biliary organs in an unhealthy state, his nervous system in great agitation, and inconsistency on trivial occasions. The ague, though not so frequent, sometimes returned, and left him very low: at length, he neglected himself under confined bowels and suppressed urine,—the consequence of which was his death. He died without a will.

Such a case as Mr M.'s is mentioned to expose a prevailing infatuation among many Europeans in that island, who cherish the consideration of money-making beyond every other in the world; insomuch, that it at length constitutes a disease, which I would denominate the *amentia Jamaicensis*.

Smoking of tobacco is customary in that country among some to a great extent. Its effects, as a medicine, are generally known to the profession, by producing relaxation and a return of the healthy functions of the intestines in cases of obstruction, inflammation, and in strangulated hernia. It is also a powerful diuretic and diaphoretic. As an habitual indulgence in smoking is justly considered unhealthy, it certainly produces effects on the stomach and bowels, which render much more powerful doses of medicine necessary than the same individual would otherwise require.

A woman, at Dovehall, complained of fever, severe spasmodic contractions in the lower part of the belly,



and considerable hemorrhagy of blood from the uterus. She was believed to be pregnant; but had been suspected of using means for abortion: said she had been costive, which was relieved by Epsom salt in solution: was using the vegetable acids freely; cool applications to the back and vagina: was excessively low; her pulse intermitted; thirst immoderate: after operation of the laxative, an opiate procured rest; by cordial remedies she got well. It is probable that abortion did take place.

The great mortality among young children the first two weeks after birth, is a subject which should have secured the notice of all engaged in plantation interests long ago, from the proprietor downwards; yet, in that parish, the loss of infants was great beyond what could be imagined.

On inquiry as to their manner of managing the umbilicus after birth, it was found that some ashes were shaken on the parts, tied up with wool, and a bandage over that, which was not removed for nine days.

This management accounted to me why such a mortality was complained of. An accumulating secretion of offensive matter for such a time, so directly in the neighbourhood of vital parts, was absorbed, the bowels were often neglected, and improper means adopted officiously to act on them: cleanliness was omitted; and, in a hot climate, these sources of disease produced in the tender subject many causes of death.

Attention to cleanliness seemed to be the principal indication, and to prevent the accumulation of matter

at the part where separation is desired. With these objects in view, when the umbilicus was cut about two fingers breadth from the body of the child, dressings were so adapted as to separate it from the body by the intervention of soft old linen; forty to fifty drops of laudanum were mixed with a dram of bark, which was distributed over the parts in such a manner as to absorb any offensive secretion of matter. The parts were dressed thus every second day, till the umbilical chord came away: after which, nothing more was necessary than a small compress of linen secured by a roller round the body.

Umbilical hernia is a common complaint among negroes; and it affords an instance of the irrational opinions of which they are capable, that the complaint is rather desired than avoided by parents; and the old females, on a belief that, in the male, the larger an umbilical rupture is, the genitals will become proportionally greater. It is difficult to persuade them of the absurdity of such an idea. The medical practitioner has, therefore, to search for the disease in early infancy, to obviate an affection so likely to prevent the most robust from undergoing the labours of the field.

Having found the above simple means of treatment successful, with due attention to the bowels, no others were tried.

*February.*—Rains during the month have been of the drizzling kind; moderate north winds; atmosphere temperate.

Negroes having been much exposed to the bad weather of previous months, and the norths still continuing, rheumatism, pleuritic and febrile affections, occurred among them; but they yielded to common treatment. Their fevers are seldom of the continued kind,—for a dose of laxative medicine and some bark generally suffices for their removal.

*Christmas*, at Wallins estate, about ten. Several appearances of whitish sores were observed in the throat and mouth, which became foul and dark, attended by considerable difficulty of deglutition. In two days after, she experienced some stiffness of the jaw, stretching along the muscles of the neck; her mouth could not be opened more than a quarter of an inch; no feverish symptoms could be felt; pulse regular, but feeble; belly rather confined; skin dry.

She was immediately put on an active course of mercurial laxatives; the capsicum gargle was assiduously used; bark, with wine, *ad libitum*. The bowels were kept rather open after the first active effect; and calomel, with capsicum, administered by the stomach, to produce soreness of the gums, and to rouse that torpid disposition which usually exists throughout the system in *cynanche maligna*.

Her case, under commendable attention to our instructions, underwent a course of ten days, when a change, of a favourable nature, was discovered; and she got well slowly.

The sensations of rigidity in the jaw, and among the



muscles of the neck, arose from the diseased condition of the neighbouring parts.

Some other cases of *cynanche maligna*, in which febrile diathesis was more formidable, occurred this month. The treatment required, in such circumstances, the repeated prescription of antimonial medicines, and the saline mixture, or aq. ammon. acet.; but, in a disease where increasing debility is to be dreaded, much discretion is required in their use; copious sweating must be avoided, while a soft, rather open skin is desirable.

In some cases, there was a difficulty in swallowing. That pointed out the propriety of administering bark by enema. A dram and a half of it, with laudanum, about twenty drops, according to age, &c. were thrown up every three hours, in an ounce or two of Indian arrow-root pap. They were generally retained; and there is every reason to think that they were extremely beneficial.

As a nutritious aliment, mixed up with the neatness peculiar to nurses in that country, the Indian arrow-root flour should be noticed as an excellent article for the sick-room. In many cases, it is a powerful auxiliary to medicine in the treatment of disease.

It was brought from Dominica, by Colonel James Walker, to Barbadoes, and there planted. From thence it was sent to Jamaica, and much esteemed for its alexipharmic qualities. It was used against the poison of arrows, by washing, and applying it to the poisoned wound. It is likewise a most agreeable and effectual

remedy in catarrhal affections, when taken at bed-time, a cupful of the pap, with a little wine, cinnamon, and nutmeg, mixed with it.

The purposes of this journal are, in some measure, to shew, in a candid manner, the faulty and commendable measures pursued in a system peculiar to the West India islands.

It is avowed by the author, as his decided opinion, that the present condition of negroes is well calculated to meet fully that extent of privilege in society which their minds are capable of enjoying, and the well-being of that community in which they are placed.

The controul under which the negro is necessarily placed, leaves a great deal in the power of a vindictive manager. One who does not blend humanity with prudence, or who, raised from the very inferior walks of life, wields his power with an iron hand, inflicts it unmercifully ; and, in a remote part of the island, unseen by any person who can be admitted evidence against him, indulges a cruel and tyrannizing disposition over those unhappy persons committed to his protection.

It is in the contemplation of West India proprietors to regulate punishments, so as to prevent abuses in future. Such a measure cannot be unacceptable to overseers of character and feeling ; and to those of a different description, it would be well that their severities should be detected, and meet that punishment they merit.

That some instances did occur of cruelty to negroes,

during his residence in Jamaica, is not to be denied ; but they were very few. Some white persons were punished, or discharged, for cruelty ; and others have been known to the author, where conscience evidently conveyed the arrows of reproach to the heart. While, therefore, it must be expected that, under such a government, abuses will exist, and that such a system requires the vigilant hand of the law to be in motion, to compel the attention of all to those wise rules formed to protect the negroes against oppression, it must be considered, that perfection is not to be attained in these matters, under the superintendence of any government. Ireland would present a far more melancholy picture than any thing which, in truth, can be alleged of negro distresses, to describe the many instances of oppression and disregard that people experience from their masters : And can even England or Scotland be said to be exempted altogether from some share in these evils ?

A negro, under a fair master, disposed to be industrious, and fond of comfort, enjoys his house, his family, his provision grounds, and many of the luxuries of life, to an extent which, undoubtedly, is not comprehended in this country. If he is disposed to be idle, his proprietor cannot throw him off, as some masters do to old servants in the United Kingdom : the negro must be maintained. In short, either in health or in sickness, the negro has, in his master, that person who will suitably take care of him in old age, or under incapacity to labour.

In the numerous misapprehensions formed in Britain,



as to the usage of negroes, it is to be lamented that the subject has been canvassed by individuals who were possessed of partial information, or who take it up with determined prejudices. Local acquaintance, operating on an ingenuous mind, would give the people of this country impressions very different from those so eagerly received by them; and though it is admitted that improvements may be still made in regard to the better execution of salutary laws, in common with every thing human, it is, at the same time, a conclusion upon which conviction is felt, that ample provision is made for the supply of their wants; and that, in helpless circumstances, there is probably more rendered, in the offices of tenderness to the distressed negro, than to any description of peasantry in Europe, or any other part of the world.

I feel it due to candour to state the above, as the result of observation, after being nearly fourteen years in circumstances which enabled me to form them; and to remark, that the extremely opposite ends which writers have assumed, appear to have been most unfortunate to the cause of West India proprietors. The points for discussion require true, and not exaggerated statements, to convince the unprejudiced that the treatment of their negroes is not only liberal, but also humane, to a very great extent.

It is the unfortunate lot of West India proprietors to have such property entailed on them as negroes: and how can they so well acquit themselves, in such circumstances, as by rendering their condition as comfort-

able as possible ; and to be open to conviction, nay, to seek for whatever appropriate suggestions they can procure, to raise them in the scale of society.

In the avowal of opinions, so much the reverse of individuals in this country, it may be conceived that they emanate from a person who may be acting on interested motives. Were it possible that he could yield to such corrupt intentions, in a matter where he desires to be tried by a higher tribunal for what he states, he has to declare, that he has no negro property in the West Indies ; that his claims, in that country, are outstanding money debts, with which the question can have no relation.

*March 1801.*—Had little rain that month ; atmosphere uncommonly pleasant ; vegetation lively ; thermometer, at noon, about eighty degrees ; in the mornings and evenings, about seventy-two degrees.

The effects of the storm, in November last, severely felt. Wholesome provisions ; the growth of the country are those peculiarly well adapted to the taste and health of the negroes ; and, though substitutions are made, with great regard to the preservation of health, it is seldom that, when a change is required, they escape serious attacks of disease.

The Guinea corn grows in great abundance about the fall of the year, and is reaped in January and February. In many parts of the island, such as Vere, St Dorothy, and some of the lowland districts, the negroes depend on it for their principal food. At these places,

they are accustomed to the manner of preparing it with care ; but, in St Thomas in the Vale, their omission, in this respect, became the source of formidable disease.

A barby attachment to the grain, and a brittle black coating on it, after being dried, seemed to me to be the cause of so many bowel-complaints among negroes ; for, when pains were taken to remove these, the Guinea corn was as wholesome and good an article of diet as the country afforded.

Diarrhœa was a frequent complaint for some time ; and several cases became dysenteric.

It was found necessary to vomit with ipecacuanha or tartarised antimony. A mixture of Glauber's salts with oil of olives was recommended by Dr Clarke as a subsequent remedy ; and, though it seems a nauseous one, testimony can be given of its good effects in effectually removing whatever may have formed, in such circumstances, of an injurious tendency to the bowels. Small doses of ipecacuanha, combined with rhubarb, were prescribed with good effects ; and the bark decoction, where inflammation had subsided, was freely given, combined with diluted acid of vitriol.

The Indian arrow-flour, made into pap, mixed with cinnamon, mace, and wine, is an excellent nutriment, acceptable to the stomach. In circumstances where nothing else will be retained, its glutinous property is particularly useful ; but it seems likewise to possess a quality of correcting any acrimonious secretions in the intestines.



In some of the more formidable cases, where astringents became necessary, after endeavouring to remove any injurious contents of the intestines, catechu and gum-kino were used with advantage ; but, in the latter stage of the disease, opiates were cautiously administered ; and those powerful astringents were seldom required.

Some of the symptoms which characterise the *mal de estomac*, were introduced on a former occasion. That destructive complaint, which owes its prevalence universally to affections of the mind, had been presented to our notice in the case of a negro wench, *Countess*, at Williamsfield estate.

She had quarrelled with her husband, Oliver Cromwell, a negro on the same estate, the son of a woman supposed to possess supernatural powers ; and he was, of course, also believed to inherit them.

Countess had been a very healthy and dutiful negro ; but she was observed to decline much in her appearance. From a pure glossy black, and an animated look,—her skin assumed a dirty yellow colour,—her face had a puffed appearance,—tongue white,—the *tunica conjunctiva* did not, as usual, shew red blood in its vessels,—pulsation under the cartilage *en si formis*,—palpitation of the heart,—inability to walk up hill,—and *dyspnœa*. The hospital doctress informed me, that when she had her *cataminia* lately, the cloth was scarcely coloured red, owing to the serous nature of the discharge ; and Countess complained to her, that Cromwell had, in her presence, taken one of these cloths, and

burned it, to terrify her ; that she had never since been well ; nor did she expect to recover the Obi laid for her.

It has been already observed, that negroes have a high opinion of Christianity ; and imagine that getting baptised is the most likely means of banishing the power of Obi. Unless the mental disease is relieved or palliated, it is in vain to try the power of medicine. And sometimes there is an unaccountable protraction of measures, ill fitted to the urgency of such cases.

A case of burn took place on Wallin's estate, in a woman, who had her thighs and legs scalded by hot liquor. Weak saturnine solution was successfully applied in her case. The parts were kept clean and comfortable by plantain leaves, frequently removed.

*Isaac*, at Hoghole, by the bursting of a still which took fire, had his whole body scalded, leaving a raw surface. Rigors, with little intermission, followed ; and he died in a few days.

Where burns extend themselves over the body as well as the extremities, the patient seldom lives more than a few days. During that time, the surface feels cold, while a burning sensation is felt by the patient. In these circumstances, the parts have been kept as clean as possible, and vinegar with water frequently applied. Lime-water has also been used, and diluted volatile alkali ; but with attention to support a healthy action of the system by internal stimulants, such as bark, wine, &c. It is impossible to speak of these cases, without de-

ploring their frequent occurrence, and the fatal results which accompany them.

It is, in my opinion, always adviseable, on such an accident taking place, instantly to have the body frequently washed with cold water, by throwing bucket-fulls over every part affected.

Some cases of *cynanche maligna* (putrid sore throat) occurred this month, which yielded to the treatment formerly mentioned. The *capsicum* gargle promoted essentially the sloughing of the ulcers.

There occurred in our practice some cases where blistering to the fauces had been used before the nature of the disease was known to the attendants. My purpose, in mentioning this, is to caution against blisters in any case where foul ulcers, or a disposition to them, is discovered or suspected in the throat. Instances have been known where gangrene took place; and it spread with destructive consequences. A case at Dovehall, after six weeks recovery, where the throat was blistered, could not be got well. We had been trying a gentle course of calomel as an alterative, which it was hoped might change the condition of the sore, and remove irregular accessions of fever.

On the first symptoms of *cynanche maligna*, the important introductory treatment is to vomit soon and effectually; after which, mercurial purgatives, &c. may be used, as directed before.

A case of gonorrhœa and gleet had continued for nearly eighteen months on a gentleman, who applied to me in consequence. His habits required a good deal



of horseback exercise ; and he had been very diligent in the use of injections during the greater part of that time. Very little variation was made in these ; but as he must ride, he was recommended to inject only when going to bed. In a few weeks he got well.

*April.*—Had little rain. Heat rather increased. Vegetation vigorous.

Pneumonic affections frequent among the negroes, though the weather was not likely to increase any predisposition to that disease. The practice had been successful by that treatment formerly pointed out.

In some cases of dysentery it was found, that, in the *rectum* and its neighbourhood, great irritation was kept up by *scibulæ* and acrimonious secretions. Soap and water, with oily enemas, were thrown up as often symptoms indicated necessity, and arrow-root pap, with tincture of opium, to soothe the parts. While that practice was followed, the treatment by other means was not neglected. Those cases I allude to varied from the usual course of symptoms ; and certainly demanded that treatment which proved so essentially necessary to their recovery.

*Mr R.* at Hyde, an active young man, about twenty-six, had been three years in the island, was attacked by the usual symptoms of fever, preceded by chilliness, sense of fulness and oppression in the forehead and across the eyes, and shunned the light. Pulse full, one hundred and twenty in a minute ; rather costive ;

skin dry, but occasional partial clammy sweats; tongue white and dry; thirst severe. Had taken eight grains of calomel, an enema, and the *pediluvium*, before my visit.

Second day, had a restless night; fever abated; passed very little by stool; rather confused. After taking six grains calomel every hour, until he had four doses, he got copious stools, passing great quantities of acrid bile; after which, he felt much relieved.

Third day, in the night fever returned, with delirium. His countenance had an expression of confusion. Complained of oppression at stomach; a blister placed to it and to the nape of the neck. Vomited a good deal of bile, which seemed to give him ease. Pulse ninety-eight, and irregular; febrile state of tongue, thirst, &c. as usual in these cases.

Fourth day, after copious motions, from continued doses of eight grains of calomel every second hour, till they operated, he felt himself much better. Remission of fever followed. Bark, wine, and brandy, with due attention to the bowels, were commenced,—the bark at first rejected, but retained some; and, by perseverance, it was very advantageously taken. After that, no febrile accession of any moment ensued; and, by the seventh day, his convalescence was established.

Mr R. had been exposed to an offensive marshy place near Hyde works, and to the materials thrown out of the still-house in its immediate vicinity. The

book-keepers were more exposed to it; yet Mr R. seemed to be the only person who suffered by it.

This was the first sickness I believe that Mr R. experienced in that country; and he was extremely fortunate that it occurred at a season when best health is generally enjoyed.

*May.*—No rain for the first three weeks of the month; but afterwards it fell in moderate showers, highly favourable to the progress of vegetation. Though what we call the May seasons are attended by heavy rains, and are proportionally regular, yet it may be observed, that instances have occurred where they altogether failed.

A case at Dr P.'s of an obstinate incurable ulcer, pointed out the expediency of amputation of the leg, which the negro submitted to; and he recovered within four weeks.

At the mountain plantation of Mr G. R. a negro woman had been neglected in *lues venerea*; the bones of the head became diseased, the nose, &c. Attempts were made to subdue it; but she died in a miserable state,—a melancholy example of the consequences of neglect in venereal cases.

Having exposed myself imprudently to the night air, felt a feverish tendency on the following day, which continued for some time after. An unyielding disposition to sickness made me attempt to throw it off, without submitting to confinement or medicine; but it was



not only an ill considered resolution, but vain in the extreme.

My favourable opinion of Dr R. of Spanish Town, induced me to get there with all possible expedition ; particularly on account of meeting with frequent visits, which medical attendance in the interior, or plantation practice, seldom admits of.

That gentleman's skill, and personal attention, were bestowed in a friendly manner. He placed me on an active course of mercurial and antimonial medicines, combined with cathartics. These procured remission from fever, when the bark and colomba infusion were freely prescribed. In four or five days, was again able to return to my home, in a state of convalescence.

A gentleman's case was considered such as to render it adviseable for him to go to Europe. His general strength was exceedingly impaired ; gouty diathesis frequently prevailed, attacking him either in the stomach, chest, head, or other vital part. Their recurrence, for years, left him in an extremely reduced state ; and his time of life, at least seventy years, carried with itself infirmities, in which neither climate nor human means were likely to be of much use. He had lived upwards of forty-five years in that island ; and it is perhaps without precedent, that Mr Stewart of Clarendon and Mr Caldwell, who came passengers in the same ship to Jamaica, were fellow-passengers homeward bound, but, alas ! not to complete the voyage ; for Mr Caldwell (whose hospitable and friendly care of me has been noticed before) died when a day or two from Dover, or

Deal; and the only consolation his amiable wife and family had was, that, instead of his remains being committed to a watery grave, they were becomingly connected with the native soil of his country; and it is believed a tomb-stone is erected to commemorate the place now occupied by a gentleman's remains, whose generous hospitality, in a foreign land, comforted the adventurous stranger, and made him feel at home, though far distant from his immediate relatives.

*Francisco*, at Hoghole, had been several days labouring under pneumonia, and was bled once in course of that time. On the third day, visited him, and found that, though évacuants were used, they were not judiciously regulated. The severity of symptoms continued.

A vein in the arm was opened; but the blood was found to be of a thin diluted pale kind: it was therefore tied up. Blisters to the pained parts and back; antimonial diaphoretics, expectorants, such as gum ammon. squills, &c. inhaling the steam of vinegar and water, with due attention to his bowels, produced an abatement of the febrile and pneumonic symptoms in about six days. Snake-root infusion, and bark decoction, were then found useful.

When *Francisco* was changing for the better, he occasionally had some calomel; and one day passed a very large teres worm.

*Lucy*, at Williamsfield, for several months felt hard tumours forming in the right mamma, which had been progressively increasing in size and number, situated

near the nipple, towards the axilla. Calomel and cicuta had been tried, and hopes of improvement sometimes hazarded ; but, in six months from the beginning of her complaints, an ulcer had, in consequence, formed, of an unfavourable appearance. The corrosive sublimate, as a topical remedy, had no permanent effect ; and, administered internally, no improvement could be perceived.

An operation being proposed, after some time she agreed to submit to it ; and it was performed successfully, for in three weeks the parts were well.

She was placed under a course of laxatives, bark, wine, and, as common drink, the decoction of woods.

The surgeon, commencing his practice in the country, will not find every circumstance so favourable and convenient as is expected in the operative branch. When such a woman as Lucy must undergo a formidable operation, her feelings are to be indulgently considered. She would naturally wish to enjoy the comforts of her own house ; and it is to be hoped, that though this is attended with additional trouble, it is a favour never to be denied to any negro of character.

The water of maturated cocoa-nut has been considered useful in gleety affections of obstinate standing.

*Aaron*, at Dovehall. We were informed that he had complained much of painful respiration, cough, and sense of globus. Some days after, his jaws were rigidly shut ; for which he had laxatives, bleeding, opiates, and blisters between the shoulders. The complaints



abated ; but he passed a considerable number of worms of the teres kind.

It is commonly asserted in that country, that so universally are worms the source of a variety of diseases, that tetanic symptoms are sometimes to be solely attributed to them. The unquestionable authority through which this information has been conveyed, does not permit me to doubt it. Indeed, cases of children, in particular, have presented, where the irritation produced by active worms on the villous coat of the intestines, most probably accounted for locked jaw.

*June 1801.*—The rainy season peculiarly favourable to the planter's prospects ; the face of nature admirably productive of encouraging hopes to those of all descriptions ; for, with the prosperity of the planter, every industrious person in Jamaica must thrive ; and, in his misfortunes, must also participate.

The scarcity of provisions, on account of the storm of November, and in consequence of the circumstances formerly stated, which could not be altogether controuled, some negroes suffered from disorders of the bowels ; but unripe fruits, inconsiderately or perversely used, are no uncommon cause of disease.

Though the weather was in general mild during the month, there were several days of cold north winds, accompanied by rain. Wet and cold weather is the least acceptable of any to negroes ; and they were probably more susceptible of its severity, on account of the fine weather immediately preceding the change.

*Cyrus*, a negro of the Angola country, who had considerable appearance of vigour, but, on more minute examination, yellow discolourations or stripes in his skin, indicating a chlorotic constitution, peculiar, in particular to his nation, had symptoms of pneumonia. The usual mode of treatment was followed ; and, on the fourth day, he was likely to get better. But his attendants had remarked, that, when laid horizontally, a sense of choking oppressed him, which was only relieved by allowing him to sit up in bed. This did not alarm his master, and he therefore did not send for me ; but, on the eleventh day from that on which he was taken ill, he had drank some coffee, and was suddenly observed to breathe in the most distressing manner. Stupor succeeded ; the book-keeper sat down to address a note to me ; but he was dead in ten minutes.

Dr Manson of Thurso intimated to me that B. R. the daughter of my friend Mr D. R. who was inoculated for the small-pox by me, and, to our mutual knowledge, had a pretty numerous eruption, again took the disease, by contagion, and died of it.

In Kingston, such had been the heat that, about noon, the thermometer was observed at ninety-six degrees in the shade.

Considerable numbers of Europeans lately arrived at Kingston. In place of their being dispatched to the interior, where a more temperate climate might have been enjoyed, they were in general kept on board ship, or dispersed themselves in Kingston, where the nature of the climate, its operations on the mind, improper indul-

gences, and too likely no acquaintance or friend to advise with, they contracted fever in a shape the most inflammatory and malignant. It is a melancholy truth, that two-thirds of those arrived fell victims to mismanagement and imprudence in course of a few weeks.

Such are the consequences of young men arriving at Jamaica, who are not referred to an inhabitant to take some friendly concern in their welfare. The circumstances which could be developed on a subject of this nature, has led to the loss of many persons, who otherwise might have proved ornaments to the country. And as the prosperity of Jamaica must always depend on keeping up her white population, should not humanity, as well as interest, suggest some public measures, calculated to preserve the lives of those who emigrate thither?

The arrival of some European Guinea-men at Jamaica, afforded room for much more extended strictures than I feel disposed to follow out.

It is incumbent upon me to observe the culpable impropriety of buoying up the minds of young men disposed to go to the West Indies with hopes of the most unwarrantable nature. That country should be represented, in climate, occupation, and prospects of money-making, such as it really is. Thus, the sanguine youth, who has enough to undergo in combating a climate, and following industrious habits, will not have the additional mortification of blasted expectations. A depressed mind is a powerful exciting cause of disease; and, accompanying the endemial complaints of tro-



pical countries, where malignancy is not particularly to be remarked, I have known the operation of that condition of the mind, in all human probability, the cause of death.

At an estate, the mortality among children was very great, owing to mismanagement of the *umbilicus* after birth; and it was alleged that the old woman, in whose management the infants were, was ill disposed. She was superseded. The treatment formerly mentioned was adopted; and they generally did well.

*July.*—Weather favourable to vegetation. Heat distressing. A great deal of lightning and thunder.

The negroes on some properties suffered by the want of those provisions to which they had been accustomed. The substitutions were not such as they relished; and their carelessness, in not taking the trouble to prepare food so as not to be injurious, could only be accounted for by those who are acquainted with the inconsistency of their natures.

Complaints of the bowels and stomach were frequent among them, in which the treatment formerly mentioned was continued. The Indian arrow-root flour formed an useful part of it.

A few cases of pleurisy occurred; but none proved fatal.

*Jackie*, a negro lad at Prospect, aged eighteen, an active healthy young man.

*July 1st.*—About eight days before, was cut by a stone near the lower insertion of the *tendo Achilles*, which was nearly well ; but he remarked, that the discharge from it was unusually small. In the morning, complained of fulness in the throat. Pulse and skin natural. An enema administered ; wound dressed ; and prescribed thirty-five drops of laudanum.

*2d.*—Had more distinct spasmodic rigors of the muscles of the neck, and complained of difficulty in swallowing. The overseer had a blister applied to the nape of his neck, and the parts affected rubbed with laudanum. An enema produced a plentiful discharge of rather scibulated fæces. The cold affusion was used by Dr Clarke's directions ; and fifty drops of laudanum at bed-time.

*3d.*—Had some rest for a few hours after taking the opiate ; but the paroxysms became more severe and frequent afterwards. Found his pulse about ninety-six ; skin rather warm. During the remissions, his jaw was easily opened. Sudden and frequent sweats broke out. The cold affusion repeated ; a laxative prescribed ; an enema administered of gum assafoetida, and opium three grains.

*At night.*—About noon, symptoms recurred with increasing severity ; and the paroxysms seemed to be aggravated, so as to give appearances of epilepsy. For about twenty minutes continued thus ; his pulse sunk ; the pupil of his eye did not contract when exposed ; and, in recovering from it, he seemed to suffer severely by hiccup. It wore off ; the cold affusion was re-

peated ; after which, rigors were less frequent ; deglutition easier ; expressed a great desire for food ; and took bread soaked in wine. Belly open ; continued to have opium, camphor, wine, and bark, as circumstances allowed.

4th.—A degree of puffiness was observed last night to occupy the abdomen ; paroxysms less frequent ; made several unsuccessful efforts to go to stool early in the morning ; an emollient enema with gum assafoetida was administered ; a quantity of hardened fæces were discharged. It was remarked that he sometimes spoke incoherently ; deglutition seemed to be effected with much less difficulty ; a laxative administered ; the cold affusion every second hour ; and, in other respects, remedies to be continued.

5th.—The paroxysms more frequent and severe ; the distention of the abdomen greatly increased. Died this morning.

The violence of spasmodic rigor which distinguishes tetanus in that country is dreadful ; and it is surprising that the excessive action which the muscles undergo do not bring on fatal symptoms much sooner. The diaphragm, the muscles of the chest, and abdomen, seemed to be particularly affected. The tympanitic feel of the latter, and torpor of the bowels, indicated a state of approaching gangrene ; and the patient did not long survive these appearances.

This case, though unsuccessful, is no reason why the cold affusion should not continue high in our opinion.



On the recommendation of a late writer, some electric shocks were passed through the jaws, neck, and shoulders; but it did not appear that they had any influence whatever on the disease.

The use of calomel, or mercury, in various shapes, is recommended, to touch the gums in tetanus; and cold ablutions may be safely continued. Indeed, it is observed, that the affusion promotes materially the effect of mercury.

A woman at R. N. E.'s had such an obstinate sore on her leg, that amputation was recommended; which was performed with perfect success.

An instance occurred that month of an unlucky white man having devoted himself so much to the use of new rum, that dropsy ensued. His constitution was so entirely gone, that it was not possible to attempt the use of medicine; and he afforded a melancholy example of that degeneracy so frequently the consequence of man's forgetting the proud station which providence intended he should fill in the creation.

*Abba*, a negro woman, at Wallins, got ascites under circumstances very unfavourable to recovery. She was reduced to an extreme state of debility; but her distresses were so much increased by the dropsical effusion, that she entreated some relief might be afforded her: with that object, the operation of tapping was performed. She underwent it very badly;—for syncope and death were only prevented, by interrupting occasionally the flow of water, by taking wine and cordials. Six

gallons were taken away : a number of hydatids were mixed with the water, surrounded by a slimy lymph. She died in three days after.

In noticing the subject of white importation into that country, and the improper habits which young men may acquire, if not on their guard, it should have been remarked, as an opinion, that it would be of great importance to the island to encourage young men of liberal education to go thither. The cultivated mind would not be so likely to forget the principles of humane treatment which characterize men of education ; and other objects of a public nature would be fulfilled, by possessing within the island men of talent and virtue.

*August.*—Much rain during the month ; weather, in general, sultry ; temperature variable,—about noon, eighty-five degrees ; lightning and thunder severe,—cattle and men having suffered by it ; vegetation began to decline in the usual course of nature.

The severe rains, declining vegetation, the influence of a variable atmosphere, and the scarcity of provisions among negroes, combined powerfully toward the prevalence of disease.

At Newhall estate, where the negroes were indulged, and considered of dissipated habits, a great deal of bad health occurred.

Dysentery and pneumonia peculiarly formidable ; but, on account of that aid not being immediately supplied which was so necessary, such as wine and wheat-flour, our practice became unsuccessful in several in-

stances. These two diseases sometimes existed in the same individual, and put on unpromising appearances ; but, when the proprietor was made aware of the necessities of the sick, they were liberally served at a great expence.

The treatment of dysentery came so recently within the observations of this journal, that little remains to be mentioned. Ipecacuanha vomits, the oily laxative composed of olive-oil and salts, succeeded by small doses of ipecacuanha and chalk-drink, were the medicines in more general use. Wheat-flour, Indian arrow-root flour in paps, and wine, were freely used. Light nourishing broths, and, as a tonic, when the malignant symptoms were removed, bark decoction, was given.

In pneumonic complaints, plentiful bleeding was recommended as early as possible. In other respects, the treatment has been already described.

Several cases occurred, in which, when pneumonic symptoms were subdued, they were succeeded by dysentery ; and some of them proved fatal in a short time.

The hospitals on estates are much in want of hot and cold-baths, which might be erected at a moderate expence. A plan had been given in some time before for that purpose ; and the liberal proprietor of Newhall directed his overseer to have it done ; but his orders were not obeyed ; and the negroes were thus deprived of one of the best remedies against diseases to which they are peculiarly liable, on account of suppressed perspiration.



The state of weather, and particularly that of vegetation, had disposed the European not long in that country to fever: the continued form of Lempriere and the endemia causus prevailed.

M. M. aged about eighteen, plethoric; about sixteen months in Jamaica.

17th.—Complained on the 16th of severe headach, chiefly occupying the lower part of the forehead; sense of load at stomach; pulse rather full, and at ninety-four; tongue unusually florid, white about the middle; belly rather bound; eyes red, and expressed a dislike to light.

On the 15th, had a laxative, which operated well: passed a great quantity of bile with its operation. His complaints were attributed to his having had wet feet for several successive days.

A cathartic enema administered, and saline mixture, to promote perspiration.

18th.—The enema brought off hardened fæces, and gave him two motions of a foetid bilious nature: fever remitted during the night; headache better; pulse eighty, and regular: took pills of calomel and pulv. antimonial every second hour: four grains of the former,—the latter regulated by its nauseating effects: a blister applied to the nape of the neck.

At noon, feverish symptoms increased; and the antimonial had a tendency to vomit him: had several copious stools of an acrid, bilious, and foetid nature: counted.

nance very florid ; imagined himself better ; pulse one hundred ; skin soft ; tongue dry.

Ten P. M. felt himself greatly better after the blister had rose ; head much relieved ; and had five motions of a bilious nature from the calomel and antimonial pills ; nauseated them twice ; pulse ninety, and pretty regular ; a wine-glassful of saline mixture to be taken with the pills every third hour during the night, and occasionally bark decoction.

19<sup>th</sup>.—Complained much of pain near the umbilicus ; an emollient enema was given, which operated well ; had several doses of bark decoction ; but, after some calomel and jalap, vomited a good deal of a slimy and watery fluid ; face continued florid ; pulse about ninety-six, and sometimes hurried.

At noon, on the purgative operating, motions appeared to be still extremely bilious, and very offensive ; feverish symptoms increased ; skin dry ; pulse about one hundred and eight ; thirst very great ; tongue dry, and a yellowish mucus covering part of it ; headache increased, with a wish to avoid light ; bark omitted ; to have eighteen drops antimonial wine in his common drink (toast and water) every hour ; a wine-glassful of saline mixture every second hour, while feverish symptoms continued.

Ten P. M. fever very much increased ; headache extending itself to the occiput ; exceedingly anxious, but in a general sweat ; pulse about one hundred ; tongue drier ; belly open by the help of an enema, and

motions not so bilious or acrid ; let him have four doses of bark, each containing two scruples, with a scruple magnesia ; eighteen drops antimonial wine every hour, in Madeira wine, during the night.

20th.—Took his bark with the other medicines regularly, and nauseated none of them ; rested tolerably, and had no headache in the morning ; pulse ninety ; skin warmer than natural, but soft ; tongue rather dry ; belly open ; ordered to have the bark, &c. every hour, without magnesia.

At noon, continued better, and eat some sago.

Ten P. M. seemed better, though his pulse was more frequent in the evening : when nausea threatened in administering the bark, a tea-spoonful of brandy was added with good effect.

21st.—Rested ill, and complained slightly of headache ; skin rather dry ; directed to continue bark, and to add magnesia to each dose till the bowels were opened.

Twelve noon, febrile symptoms having increased, omitted the bark ; had several motions of no unfavourable appearance ; pulse about one hundred ; severe headache. The antimonial wine and saline mixture continued as formerly while feverish.

Ten P. M. had four stools ; much, as at noon, in other respects.

22d.—Fever rather increased with headache ; some moisture on the skin ; pulse about ninety-eight, and more regular ; sighed frequently in breathing, particularly when awake ; had an enema in the morning, from



which he got a copious stool ; a blister applied over the stomach.

Noon.—At ten A. M. a full intermission of fever, and the accompanying symptoms abated ; bark administered in doses of a dram, with Madeira wine, and sometimes brandy, every hour ; *the intermission at first threatened sinking* ; pulse got so low, that the patient's strength seemed worn out : in that state, brandy spiced was poured into the stomach ; nourishment, such as sago or arrow-root combined with it, till he recovered.

Ten P. M. bark only once rejected ; pulse gradually assumed the natural standard ; slight dryness of skin being remarked, some antimonial wine was added to the bark ; an enema gave a copious stool ; slept composedly for some time ; a genial warmth over the body.

23d.—Had a good night, and in every respect better ; pulse seventy-six, and regular ; the florid appearance of the face reversed ; ordered to continue a liberal allowance of wine ; bark to be taken about six times a-day in dram doses.

Continued without interruption to recover ; and, when the blistered parts allowed, he was, according to a salutary rule, sent out for change of air.

The above case was one of those attacks known under the name of remittent bilious fever, wherein the most minute attention to any change of symptoms is constantly necessary.

It is adviseable that the commencing practitioner should mark the extent of active medicine used in fevers of that climate, and to know that they are not to be laid aside, while the nature of the stools discover increased secretions of bile; and, indeed, throughout the progress of fever, experience confirms the necessity of keeping the bowels in an open state.

The various remissions occurring imperfectly during the progress of disease, are, in some respects, similar to those coming under the frequent observations of practitioners; and it is of singular advantage to him to establish these in his recollection,—a consequence which naturally follows such attention, particularly when ingrafted on the mind by journalising each case.

The exhibition of mercury, by friction, and taken internally, to promote affection of the gums, is earnestly sought for, in cases where the disease is ushered in by symptoms of a very alarming nature, such as ardent delirium, excessive determination of blood to the head, immense bilious vomitings, &c. But a course, decidedly proper for that object, was not so particularly indicated in the preceding case.

Certain seasons and years have been, for reasons we are unable to discover, particularly distinguished for the malignant or yellow fever; and, during such time, experience has too truly pointed out the expediency of meeting the approach of fevers, in white Europeans, with a determined perseverance in the mercurial treatment, calculated to affect the gums as early as possible. This is consistent with the plan of these memoirs to re-

mark, that, in my extensive attendance on patients under yellow fever, only one case in which ptyalism was produced became fatal ; and some circumstances, regarding a swelling in the groin, which suddenly subsided, afforded reasons to believe that other causes produced the fatal event.

The use of blisters, in Mr. M.'s case, was manifested in the relief which one, applied to the nape of the neck, gave to his head. The stomach is very liable to be easily disturbed ; and to keep it in a composed useful state is of the greatest importance. Considerable disposition to irritability in general exists, and, in the advanced state of fever, changes suddenly and unexpectedly take place, which terminate in the black vomit. A blister was placed to the stomach in Mr M.'s case ; and, in most instances where there is a disposition to nausea or vomiting, it may be recommended.

Every opportunity the state of the stomach gives, with inconsiderable fever, should be taken to pour in bark and wine, due attention to the bowels being observed. These were commenced on the 20<sup>th</sup>, though still feverish ; and it is believed that the early resort to it was favourable to the future progress of the case.

The crisis at which fever terminated, and a full intermission succeeded, would have brought the vital spark into a sinking state, if it had not been observed, and stimulating cordials administered, to rouse the action of the heart. I was informed that, in this stage, several lives had been lost, where medical assistance was not at hand ; but, as in the country parts, this too often



happens, plain directions might be left with the overseer, or an intelligent book-keeper, who would fully perform the obvious indications of such circumstances.

I shall conclude the case with observing, that it was a mild instance of the bilious remittent fever. Yet such is the uncertain progress of fevers; sometimes introduced in apparently favourable circumstances, and assuming, in their advance, a malignant type, that the practitioner attending upon an European, not sick before, should be seldom absent from him. On estates, it would be well always to take a bed, and to regulate his attendance, during the day, as his prudence and sense of duty dictate to him.

*September 1801.*—Had a continuation of the same kind of weather as former month.

Europeans, lately arrived, suffered a good deal; and though, in some instances, that may be unavoidable, the habitual inattention observed in them should be corrected by those persons under whose authority they are placed. How obviously imprudent is it that young men should increase the disposition to fever, by getting wet, sitting wet, and, as has been discovered, putting on the wet clothes, thrown off at night, in the morning!

In some of the worst cases of dysentery, where much spasmodic twitching of the bowels was uncommonly troublesome, small doses of ipecacuanha were combined with gum assafoetida, in form of pill, and taken with great advantage.

Some cases of a malignant fever occurred among Europeans lately arrived ; but they did not come particularly within my observation. Mr M<sup>c</sup>F. had been two years in the country, and died of it.

Pneumonia continued to be an epidemic that month. The patient was under circumstances very alarming, unconscious of such a state. On the contrary, while his pulse was frequent, yet indistinct, his breathing laborious, the alæ of the nose excessively dilated, unable to lie down, his answers expressed an unconsciousness of pain, and an opinion favourable to his recovery. But a few hours terminated the scene, by increasing stertor and suffocation.

*October 1801.*—The season of the year generally cooler, on account of north winds peculiar to it ; rain had been moderate.

White people had yet to undergo attacks of fever, to which they are subjected more at that season of the year than any other.

Negroes recovering from pneumonia remained longer than usual in a weakly state. Many of them contracted remitting and intermitting fevers. It was necessary, with them also, to adopt the change of air system, so beneficial to whites ; and it was followed by salutary consequences.

Mr A. C. overseer on Tulloch estate, aged about twenty six, had enjoyed an uninterrupted state of good health for a space of five years, which he had been in the country. In looking out for game, he got fatigued.

and must have remained wet for some hours. In course of the day, a severe ague fit seized on him, attended by distressing irritability of the stomach. On the following day my attendance was requested. He was then free from fever; some fulness and increased quickness of pulse were perceptible. He had taken a smart dose of calomel and julap, which operated briskly. I prepared some saline mixture, which produced diaphoresis. On the following day, finding himself much better, he rode out; felt himself but little fatigued by it; and omitted the bark, on a supposition that he would not require it. He continued to stir about till the fourth day from his former illness, when he was seized with a violent rigor, succeeded by a hot paroxysm, during which he insisted on a book-keeper giving him a dose of tartarised antimony. The quantity administered was probably beyond a moderate dose; and it operated with excessive violence. On my arrival, he discovered symptoms of delirium; his eyes wild and staring. Tongue dark and dry; extremities getting cold; pulse small, frequent, so as not to be numbered; and irregular partial cold sweats.

Blisters were applied at different places; large quantities of brandy, capsicum, and camphor pills; madeira, both by the stomach and by enemas, were administered without the smallest effect. The stomach seemed to be a complete *caput mortuum*; and, in thirty-six hours from the time he unfortunately took the tartarised antimony, he was no more.

The application of numerous blisters to the body, in



fever, is a common practice in Jamaica, though it has to combat against high and respectable authority, such as that of Dr Hillary. The result of experience requires that it be acknowledged how efficacious they proved under my practice,—in relieving topical affections, such as the head, when particularly the seat of agonising pain,—in fever,—by rousing the system from a torpid tendency,—procuring abatement of fever by their successive application,—and all these without the dangers alleged against their extensive use.

In the foregoing unfortunate case of a young man who filled his situation with the greatest propriety, and was highly esteemed, there can be scarcely a doubt that in the stomach a gangrenous state was occasioned by the violent operation of the tartarised antimony. Had he been supplied with tepid water to drink freely, his stomach would have been probably relieved, without incurring the dangerous consequences of the other, in improper hands. That instance, and some others, will point out the impropriety of promiscuously using such powerful remedies on common occasions. A conviction is felt that, among negroes, much injury is done to their constitutions by the frequent use of that medicine.

*Cretia*, at Newhall estate, a case of hemiplegia, aged about twenty-five, had recovered a good deal, by adding to other remedies the use of electricity. In course of two months, she was walking about; and, in about nine more, she was the mother of a fine black infant.

*November.*—North winds continued. Much colder. In the mornings and evenings thermometer generally stood at sixty-eight degrees. Rains rather frequent, so that the humidity was unfavourable to health. On one of the finest days we had, a slight shock of an earthquake was felt.

Upon the whole, the destructive prevalence of fever in new comers had not been met with to such an extent as for two months before.

In the case of Chevalier de M. a gentleman exceeding fifty, he was found labouring under spasmodic affection of the stomach, connected with costiveness, and interruption to the usual course of bilious secretion. He had been about a week ill, and was attended by a gentleman with whom he was very perverse. In that state I found him, complaining of violent pains in his stomach. They appeared so insupportable, that I gave him two grains opium, with about six of gum assafoetida, in form of pills; applied a large blister to his breast; and had some doses camphorated julap, with æther, given to him. Opening enemata administered; and, the stomach being somewhat composed, laxatives were given with effect. In course of a week he got pretty well, when it was considered adviseable to give bark, on account of the weather and season predisposing to intermittent. It was, however, in vain; for a tertian established itself; on which he went to Kingston, and soon got well there.

*December.*—Light rains during the month, and most-

ly from the north. They fell more heavily in St George's, St Mary's, and the higher mountains of St Thomas in the Vale. Thermometer generally morning and night sixty-eight degrees to seventy degrees; at noon seventy-five degrees.

The predisposition to fever in newly arrived Europeans did not continue to the same severe extent.

Mr M. at Knolles's estate, had been in the island a few months only; a young man of ruddy complexion, but not disposed to corpulency. On the third day, that is, after a febrile paroxysm of forty-eight hours, he sunk into a state of extreme debility, attended by delirium, but no vomiting, and died within twelve hours.

It is still a subject of regret, that circumstances occurred to prevent me from getting the detail of that case. Its character, in so far as regards vomiting of a bilious nature in remittent, and the black vomit in malignant *causus*, or yellow fever, may conduce to a belief that the yellow fever, understood as the most destructive to which Europeans are liable, requires neither a suffused yellow countenance nor vomiting to constitute it; and that it is a disease, strictly considered, which should not be classed with any other, but under its own proper head,—the epidemic malignant *causus* of the West Indies.

*Leante*, at Hoghole, had a pendulous tumour, from the *vagina*, about half an inch from the external *labia*, which was extremely troublesome and inconvenient to her on many occasions. She was anxious to have it



removed; and as it was connected only by a small neck to the *vagina*, it was agreed that an attempt should be made; but, on examination, the vessels supplying it were large; and some difficulty might be encountered in getting any of them secured.

The tumour was removed by excision; but the hemorrhagy was profuse, and several attempts were made unsuccessfully to suppress it; but after the application of a strong solution of vitriolated copper and opium, succeeded in overcoming it.

Operations in general should be attended by two surgeons. Character and a sense of duty require it; but, in the interior of Jamaica, we are often disappointed; and must, on many occasions, satisfy ourselves with a consciousness that we are honestly exercising our best efforts of body and mind to the performance of duty.

The first case of amputation of the leg I had ever performed on the living subject was to take place on a woman at Raza Mount.

I had appointed to meet a professional friend at the place to assist me; but the time arrived, it had passed about two hours, when we despaired of his arrival. The patient was desirous to have it over. After considering the awkward state of the poor woman, instructions were given to the overseer how to assist me, and I proceeded to operate. The patient was surprisingly tranquil, which gave additional confidence. The overseer assisted with great address and propriety. The case ended favourably.

Mr M.'s was a case of *enteritis*, or inflammation of the intestines from obstruction. It was at first treated by palliatives, consisting of frequent enemas; and he was found in an alarming state, with a rapid pulse, attended by the usual symptoms of that complaint. On my arrival he was bled freely; calomel, combined with other laxatives, such as julap, or the extract. catharticum, were given, and an infusion of Epsom salts to promote their effects: fomentations kept over the abdomen; and, as circumstances indicated, enemas were administered.

It is necessary here to observe, that the tendency of all complaints to a suppression of the alvine discharge must be watched, and active measures taken when omission has been discovered. European practitioners will probably remark with severity on the promiscuous use of calomel, aloes, julap, and the cathartic extract; but it is found that, in that country, such active medicines are required to produce their effects within a limited time; otherwise, the rapid advances of disease, where all efforts are no longer useful, will lead us to reflect on what few men can endure.

The negroes enjoyed the usual recess on the anniversary of Christmas; and, if it were possible, without an indiscreet attack on old custom, which they view as a high privilege, to exterminate the scenes of excess, which their dispositions do not admit of preserving within rational bounds, it would be doing themselves an important benefit, and remove those sources of destruc-

tive disease, which are on so many occasions engendered by acts of dissipation at that season.

*January 1802.*—The weather had been uncommonly cold, and sometimes rainy ; that state of the atmosphere had been additionally unpleasant. In such weather, the advantages experienced from fires are to be discovered. It has been often found that, in a room under the influence of a cool, north, and rainy season, there exists, in the individuals present, an oppression and heaviness of spirit ; but if the state of atmosphere causing them is removed by a fire, a liveliness of disposition is spontaneously introduced, which requires no comment on the propriety of fire-places.

At a mountain plantation, in that parish, observed the thermometer, of a morning, at sixty-one degrees.

The north winds, though a source of ill health to the vigorous European, has not an operation on him, so sensibly felt previous to the attack of fever, as those of longer standing in the island, whose constitutions are impaired by it. To the former, the cold norths are very acceptable ; and they avail themselves commonly of the temperate air, which so agreeably surprises them. To the latter, they at once convey a sense of chilliness ; and that month afforded many instances of the formation of intermittents among them.

The wangla, or vangla, a plant, whose leaf, when agitated between the fingers in fine spring water, or any other, if it cannot be procured, gives a glutinous consistence, without affecting its transparency, and has been



much used in the dysentery which prevailed that month. It had been conveyed to the island by its reputed effects at St Vincent and Granada, in some of the black regiments, where it passed under the French name of *si-  
sigree*.

Among the Jews, the seeds of the wangla is in frequent use for the composition of cakes ; it is farinaceous, oily, and not an unpleasant addition.

*Vernon*, the hospital negro doctor at Dovehall, informed me, that he knew our predecessor, Dr Thomson, use the wangla leaf in dysentery at least twenty years before.

The above article was recommended as a sovereign remedy against dysentery. It was not, however, depended on, otherwise, than by containing a quantity of glutinous matter in solution with water. It might, however, be useful to the stomach and bowels, and sheath them from the action of acrimonious matter in the intestines.

Sir Hans Sloane says of the vangla, or oil-plant, “ It  
“ was computed that nine pounds of the seed yielded  
“ upwards of two pounds of neat oil, which grew more  
“ mellow and agreeable from age, and continued with-  
“ out any rancid smell or taste for many years. In  
“ two years it becomes so mild, that, when the warm  
“ taste of the seed is worn off, it is used as a sallad oil.  
“ The seeds are frequently used in broths, and made  
“ into cakes. The leaves are of a very mucilaginous  
“ nature, as well as the seeds ; and the emulsion of both

“ have been recommended as excellent remedies in dysentery.”

Mr Long observes, that “ this plant requires a rich warm soil ; and that few plants deserve to be more generally cultivated, on account of many domestic uses to which the oil, with which it abounds, may be applied.”

It is astonishing to observe, in Jamaica, how inattentive people in general are to the preservation of such useful articles. I observed before the want of industry in cultivating the bread-fruit tree, and many other farinaceous productions, which might secure that country against the risk of famine, from dry weather, or the shutting of the American ports against the West Indies.

*February.*—Had little rain that month ; north winds continued : On an evening and morning the thermometer observed to stand at about fifty-four degrees.

A case of remittent bilious fever occurred at Mount Olive, where the patient died about the seventh day. *Singultus* (hiccup) supervened other alarming symptoms at an early period, which appeared to accelerate a fatal crisis.

On a visit to Kingston, made inquiry of a medical friend as to the treatment followed in the stomach evil, or dirt-eating. Various expedients had been tried ; and it appeared that the city practitioners knew as little of a cure as we did ourselves.

Dissections have shewn the stomach itself in an ex-

hausted worn-out state, secreting little or no gastric liquor, and deprived of the red vessels belonging to that viscus; the biliary secretion scanty, yet the heart, lungs, liver, and the other viscera, discovered in general no formed disease, unless, on some occasions, that an effusion of water on the lungs, or in the head, became a consequence of the disease affecting the stomach, and extending morbid dispositions over the system.

An extreme state of debility ensued, which left the person in a meagre state: increased palpitation of the greater arteries particularly exhibited in the carotids, the subelavian, and the aorta descendens.

It is alleged that formation of worms in the *primæ viæ* had aggravated severely every symptom of that disease; but my experience has not afforded evidence of this; and, when the character of *mal de estomac* is considered, it will be obvious that the harsh remedies, often necessary to remove worms, would be injudicious, where the more marked indication of cure is to obviate an alarming atonic state of that organ, through the medium of which the system is maintained.

When the disorder is produced by constitutional predisposition in negroes of particular countries, an early inclination is secretly indulged to introduce particular earths into the stomach. It does not appear that absorbent earths are universally selected for this purpose: where the disposition to use them is a consequence of disease, they hold a preference; but, in ill-disposed idle negroes, self-destruction is often the object; and it has



been observed that strong calcareous earths, common mould, and what they pick from the walls, are promiscuously eaten.

Without entering diffusely at this time on observations which might anticipate the treatment suggested, it has been customary to give a gentle emetic, such as half a dram of ipecacuanha, promoting to a desirable extent its effects by camomile tea; not unfrequently a quantity of earthy materials are vomited, and, on no occasion, was much to be procured from the stomach; but, as the presence of earthy congestions in the stomach should be removed, and is always to be deemed injurious, this preliminary remedy is adviseable.

The atonic state of the system seems to originate in the stomach, where the natural secretions are diminished in quantity, and so vitiated, that they are not partially capable of rendering the food subservient to its nutritious purposes: the secretion of bile at the same time becomes limited, and the salutary efforts of the system are observed to undergo a melancholy derangement.

After emptying the stomach, pills were prepared of ipecacuanha, calomel, the sulphate of iron, and capsicum,—from three to four of which were taken three or four times a-day; and each dose washed down by a wine-glassful of some bitter infusion, such as that of the quassia.

As the disease is accompanied by acidity in the stomach, a small quantity of ley-water was allowed for drink daily.

Ipecacuanha has been found of considerable efficacy in restoring the healthy secretions so much diseased, in dysentery, leucorrhea, &c. ; and it has been proved to be an excellent medicine, on the respectable authorities of Dr Matty and Sir John Pringle. The latter, it is believed, wrote his thesis on that subject, and through life bore testimony to its value in many diseases.

Calomel, in small doses, was given as an alterative and with the view of having a salutary influence on the hepatic organs.

The sulphate of iron, as one of our best tonics, and capsicum, as a powerful stimulant, were indicated to rouse that torpid tendency in the stomach, which seemed to constitute an alarming part of the disease.

The most nourishing diet was necessary, such as rich broth ; and of *bread kind*, it required attention to prevent the use of cocoas, plantains, &c. which require a stomach in full health to digest them.

While our countrymen in the West Indies do not bestow due attention to the cultivation of various articles, which would be equally acceptable to a weak stomach, as bland and highly nourishing, the use of our barley, if it would keep well, is adviseable. The proprietor of Cromwell and Home Castle estates, in Jamaica, found that the negroes became very fond of it *to make up their pots*.

That liberality which distinguishes West Indian proprietors and attorneys to the negroes, has been often

exhibited in the care they bestow upon them, by complying with the most expensive prescriptions. Wine has been recommended, and freely given; but my observation does not lead me to advise it for many reasons; and porter, on all occasions, was found better adapted to the disease: from a pint to a quart was allowed daily.

These form an outline of the practice followed. There are many other observations remaining, consisting of exercise, clothing, watching the state of the bowels, and the correcting of any depraved mental affections.

The Angola negroes are more commonly subject to the *mal de estomac* than other African nations. The Mungolas are of still more tender constitutions, and can less brook the reverses inseparable from removal to a foreign country; but the latter were very seldom imported.

Angolas do not seem to possess that strength of mind or body which Eboes and Coromantees do; yet they become good domestics and mechanics; and it would be better for the united purposes of humanity and interest to place them in one or other of these circumstances.

The Eboe negroes, when brought young, became industrious excellent labourers, and very soon commenced a traffic, by which they accumulated property; but if at an age exceeding twenty or twenty-two, they have been found excessively sulky and untractable to the most kind indulgent treatment. They often terminated the scene by suicide; an instance of which occurred that month.



Mr G. R. a gentleman possessing a mountain property in the neighbourhood, purchased some Eboe negroes. After getting them home, two disappeared in a few days ; and, on search being made, they were found hanging dead on the same tree, hand in hand. On examination, it was found that one of them had his penis cut off, which lay at a short distance.

In the early stage of the continued epidemic fever, the cold affusion had been of service ; and the use of mercury was continued during its exhibition, without being productive of any thing unpleasant. The wangla, or *zi zigree*, had been used with singular benefit. *Andrew*, at Newhall, was cured by it under dysentery.

At Prospect estate, *John*, a fine young negro lad of about seventeen, after carrying a load on his head, suddenly complained that, in the lower part of his back, he felt a most acute pain, which continued for two or three days : he was bled, and got a laxative. The pain, however, was little alleviated : on the fourth day tetanic symptoms were discovered ; the jaw was firmly fixed ; the countenance had its peculiar character ; and, in examining the anus, for the purpose of administering an enema, constriction was found to be such, that the pipe could be only introduced with difficulty.

The estate of West Prospect had been unfortunate to an extraordinary degree, by the recurrence of that dreadful disease. The negroes were chiefly Creole, and an intelligent set of people. Cold affusion was followed up in several cases, which terminated fatally ; and a prejudice was consequently formed against its use in

that instance. It was found necessary to conform in some measure to their opinions; and very fortunately the event did not afford the possibility of blame against the practitioner.

The disease, as before mentioned, was ushered in with uncommon symptoms of severity. Opium was introduced in large doses, and frequently repeated with calomel, for the purpose of touching the gums: opiate and amber liniments were freely applied on flannel; cold water and vinegar frequently used, by sponging, along the head, cervical vertebræ, and spine; the tonic remedies recommended in former cases were diligently used; and, in about a fortnight, he seemed recovering. Considerable rigidity of the abdominal muscles continued for some time after; pain of back was not altogether well for several weeks; and the calomel, though taken to the extent of about three drams, did not touch the gums.

It has been affirmed, on respectable authority, that ptyalism being produced, a favourable crisis to tetanus ensues. It is therefore an indication deserving attention, particularly as it is represented to be rather assisted in its effects by the cold affusion.

*March.*—Very dry weather, with scorching breezes from the north. Temperature, mornings and evenings, about 70 degrees; at noon 76 degrees.

In dry weather, at that season of the year, when their labours are most severe, in carrying to the shipping place the produce of estates, horned cattle suffer dreadfully;

and these are greatly aggravated by the cruelty inflicted on them by negroes.

A disease was prevalent among Steers. It was introduced by stupor, staggering, and general appearance of agitation in the system. Unless they were bled freely immediately, sometimes half an hour terminated existence. Purgatives were likewise necessary.

The dry parched food, scarcity of water, hard labour under a hot sun, and the cruelty of negroes to them, might be considered the sources of this disease. It is presumed that it was phrenitis, or inflammation of the brain, brought on under the circumstances mentioned, in a more severe than usual degree.

This digression on an epidemic disease of the four-footed race could not escape notice ; and I cannot persuade myself that medical agency is unworthily exercised, if it has a tendency to relieve the living, either of the human or brute creation, particularly those animals so bountifully afforded for domestic labour. It seems, indeed, to be reserved for posterity to have the honour of extricating the healing art from a false opinion, that a learned profession degrades itself, by extending its faculty to the relief of beasts under pain and disease.

At Mr C. J.'s a case of hepatitis was allowed to go a great length in a negro, without the early advantages of bleeding, &c. He was found very ill ; his extremities inclined to coldness ; great oppression in breathing, and heavy fulness in the right hypochondrium.

Prostration of strength, lassitude, and disposition to



cold extremities, with œdema of the legs, a slow and feeble pulse, yellow diffusion on the eyes, induced me at once to place a blister on the inner and middle part of each thigh; a large one to the hypochondrium. Three drams of strong mercurial ointment were rubbed along the same side twice a-day; calomel taken freely; laxatives to open the bowels briskly for a few motions; camphor was combined with calomel, to assist its earlier action on the system. By pursuing that treatment, between the third and fourth day after my arrival, his gums were sore, and progressive recovery ensued.

In Prospect, *John's* case of tetanus. He complained longer of pain in his back than usual; and though one instance only had occurred of its recurrence in our practice, it was deemed advisable to keep a seton in the back for some time; which certainly relieved him from so unpleasant a relick of that disease.

*Cuba*, a negro woman at Byebrook estate, by carelessness, allowed her *elbow* to get in between the rollers in feeding the mills with canes; and, before she could be relieved, it was destroyed to about four inches of the shoulder joint. An operation was of course necessary, which was successfully performed, as far as prudence would permit from the joint. She did well in about a month; but one of the ligatures of an artery was not removed for several weeks after.

*Cromwell*, at Newhall, had a fistula *in ano*, for which an operation was successfully performed; but as he laboured under pulmonic symptoms, it was not probable that his recovery would have been permanent.

Cases of fistula *in ano*, or *perineo*, are found to be extremely perplexing in Jamaica, where they occur in white Europeans. Unless where the constitution is untainted by disease, the operation can only be performed with any prospect of success; and it is an advisable measure for persons thus circumstanced to go to Europe to re-establish health, before an operation is attempted.

Some cases of *lues venerea*, which, from neglect and other reasons, could not be subdued by mercury, were going on favourably under the use of nitric acid; but it had been used more as an auxiliary to the pill and frictions; and, in that view, promised to be an excellent remedy.

My observations on the *mal de estomac* had been extended in particular to Mr F.'s Mountain, and to Seven Mile Walk. The remedies advised in the former month, assisted by good diet, humane and kind manners, had been in several cases efficacious.

Many instances are impressed on the observer's mind, in that country, how imprudently white people conduct themselves. Though every day presents to them objects of compassion, owing to indiscretion, yet do they seldom consider that improper aliment is probably a great source of after misery. If this subject was traced to its origin, dyspepsia, hepatic, visceral, and a multitude of other diseases, would be found to proceed from that cause.

*April.*—The effects of dry weather had been severe-

ly felt. Winds more commonly from the north. General heat, morning and evening seventy-four degrees, at noon eighty-four degrees.

In Kingston, Port-Royal, and extending to the interior, an epidemic catarrh made its appearance, similar to the influenza which extended over a great part of Europe some years before, and on former occasions, wherein its epidemic character was unequivocally marked. With early care, our practice was successful under that treatment which is adopted in catarrh.

A negro, at Stirling Castle estate, had the right parietal bone fractured: depression considerable, and extended towards the lambdoidal suture. The operation of trepan was performed in about twelve hours after the accident. Depression relieved; and considerable effusion of bloody serum was found on the *pia mater*, which having been removed in the easiest possible manner, the part was lightly dressed, and the man put to rest. He did well.

On several occasions, where small-pox patients were hastily sent to the field, consequences very impolitic, and pointing out the inhumanity of the act, were common; for they returned with fever in a few days. But it had been found, on the whole, a better plan to keep the patient for two or three days on a few doses of bark, and, before dismissal, to administer a purge of the compound powder of julap. A healthy influence was thereby secured to the system, which enabled it better to resist exposure to the weather.

Mr ——— was some years before a man in general



estimation, and found himself acceptable in some of the best society; but, by an unaccountable fatality, yielded himself to the society of dissolute persons, where he contracted habits of drunkenness and debauchery, ruinous to his health and respectability.

For about three years he tottered under the miserable circumstances into which he brought himself; a spectacle which should have afforded an instance of human degradation sufficient to deter others from a similar line of conduct. Accumulating miseries, an unwieldy corporation, contaminated by disease, brought on a fit of apoplexy, which terminated his unhappy existence in course of a few hours.

A negro belonging to a neighbouring mountain plantation followed a system of combined depredation, by stealing rum or low wines from an estate. He drank of this material to excess; and died of a spasmodic complaint of the bowels, before medical assistance was procured.

The above circumstance leads me to remark how much the habit of stealing is prevalent among negroes, in which they discover an ingenuity and dexterity that generally secures them against detection. The liberality of our colonial laws is also exemplified towards them, in the punishments awarded to this crime when discovered. A short period of labour, or slight corporal chastisement, are the full extent of it, unless aggravated by acts of house-breaking and personal violence.

As the purpose of this journal is, in a great degree, to correct whatever has a tendency to render ineffectual

the benevolent intentions of proprietors, it is expedient to observe, that, in attempting the cure of a negro man, under a chronic complaint, where it was going on under favourable prospects, the unfortunate man was turned out to work by the overseer ; and though he might have laboured for a while, most probably would become a victim to incurable disease.

*May, June, and July.*—In the first two weeks of these months, the unpleasant dry state of weather (peculiarly so in a hot climate, when of long duration), the winds passing over parched fields carried clouds of dust along with them : instead of refreshing, they aggravated every disagreeable sensation. In the third week, abundant rains fell ; which, to the thirsty vegetable kingdom, afforded an instantaneous energy of progress, not to be witnessed in more temperate climates. The animal kingdom was also revived from a dispirited state, which served to impress the mind how analogous are the wants, pleasures, and desires, of the animal and vegetable creation. Sea-breezes set in partially ; thermometer, in the morning, about seventy-seven degrees ; at noon, eighty-two degrees : a good deal of lightning and thunder.

Though the negroes, during several weeks previously, had suffered by an epidemic catarrh, it was observable that whites had not been so severely liable to it ; and that circumstance afforded an additional example, that not only the diseases of negroes are, on most occa-

sions, different from those of whites, but are also so with regard to remote causes and effects.

The importance attached to a disease, such as the epidemic catarrh, or influenza, at two different times in the island, added to its destructive influence, have induced me to reserve my observations for the present ; and, when this journal is concluded, to introduce an inquiry on its nature, symptoms, and treatment, under the name of Epidemic and Catarrhal Pneumonia.

It was observed that, for several months, the ground was exceedingly parched, and vegetation kept back, at a season when its vigour naturally returns. The little rain we had in May was of no durable effect ; the ground, under a vertical sun, was soon deprived of moisture ; immense fissures were observed in it, and chasms large enough to receive a human body. From some dried-up ponds, thus circumstanced, noxious vapours were thrown out. What influence these had in producing the disease, must be the subject of future inquiry.

*On the 10th July*, wind changed to the north, and pretty cold for about a fortnight : Then got fine sea-breezes ; but it is certainly worthy of remark, that after the north wind on the 10th set in, I did not meet with any new case of the epidemic.

*August.*—The abundant rains brought forward vegetation with astonishing rapidity ; but while St Thomas's in the Vale was abundantly supplied, about Spanish



Town, Kingston, St Andrews, St Dorothy, St John's, Clarendon, Vere, and Trelawny, they were suffering most severely by dry weather.

The parish very healthy : thermometer much as last report.

At Rio Magno penn, two negro women had a violent quarrel on a point of jealousy. One of them bit the other in the thumb ; which, from not meeting early care, formed sinuses, and threatened caries of the bone. An operation was proposed ; but as the woman (Kitty) had lost the other hand, she was exceedingly averse to submit, and, if possible, wished to avoid it. Pains were extending up the arm, often a prelude to tetanus ; but the sinuses were laid freely open, rollers were brought down from the shoulder, an opiate bath was used to the parts, and suppurating poultices, aided by bark, wine, &c. The cure was tedious ; but at length accomplished in about two weeks.

That negro wench (Kitty), some years before, had a misunderstanding with her husband, and, in a rage, threw a sharp knife at him, which penetrated a vital part, and he died in consequence. At that time a proprietor, or attorney, was authorized by the law to mutilate for such crimes ; and guilt being undoubted, her hand was cut off, as an atonement for the rash act. Since that period, the power has been done away ; and, as the trial by jury would prevail on such an occasion, the prisoner must suffer death.

A negro at Stirling Castle, who had had his skull fractured, completely recovered ; and it is due to that

humanity which distinguished Mr O'Connel the overseer's attention to him, to say, that it was not duty he barely discharged ; there was a sympathetic kindness in his personal visits, whose object could not be mistaken. A negro has intelligence, but wants gratitude in general ; for that man was soon after one of a set who left the estate, to profer a groundless complaint to the proprietor —— against a worthy man, who had contributed to save his life so recently.

*September.*—Weather much the same as last month. In those places formerly mentioned as suffering under dry weather, rains set in. So expensive was grass and corn in these places, that a horse could not be maintained under ten shillings a-day.

Vegetation continued vigorous, and few cases of sickness occurred. New comers had slight remitting fevers, rather of a quotidian type, accompanied by increased secretions of bile ; but they yielded to that treatment already pointed out ; and none of those malignant symptoms were observed, which had attended them at some particular seasons.

Much lightning and thunder that month. A negro woman had returned from work, at Shell-blow, put up her foot on an anvil ; while there, lightning struck it, and she was instantly killed.

An attempt had been again made to influence those who had the power to establish on every estate, within the hospital, a hot and cold bath, on account of a belief that such an improvement would contribute essen-

tially to prevent disease, and afford a remedy of the highest importance to negroes, under whatever complaints they should be admitted for cure.

The greater number of affections to which negroes are liable, may be considered, more or less, if not wholly, owing to obstructed perspiration; and, if this should not be admitted, those who have had experience know well how efficacious the use of a tepid-bath would be to all negroes on being received to the hospital. Cleanliness, so much neglected by many of them, would be secured, and the object of restoring determination to the surface of the body at the same time accomplished. But this is adducing suggestions on such an acquisition which experience can only appreciate.

I understood that Dr W. of the parish of Hanover, on receiving a sick negro into hospital, had him put into a tepid-bath; after which the comforts of warm clothing were added to cleanliness.

That difficulties should be discovered in a plan of improvement which offers obvious advantages to the interest of proprietors, can only be explained as existing in possibility, by those of local acquaintance with that objectionable system, which places the plantation doctor in a situation where his merits are ill-rewarded; and the abuses which he would wish to remove, though placed clearly in that view, an ignorant overseer is the person to adopt or reject the proposition. The latter is its most common fate.

Those persons who pursue the practice of the heal-



ing art in Jamaica are of various *grades*,—from the apothecary's boy to men of the greatest eminence and worth. In such a country, the value of good medical attendance is become more and more necessary ; and it can scarcely require demonstration to shew how much mischief has been done by rash and ignorant men. These details might unfortunately shew very many instances of lives already lost, and of individuals labouring hopelessly under the consequences of injudicious treatment. Are not these sufficient reasons for legislative interference, to prevent improper persons practising an art, in which the regularly educated feel a higher responsibility than falls to the share of any other profession ?

When the preservation of the lives and health of negroes are become additionally valuable to proprietors, it must be agreed, on full examination, that, in the interior of Jamaica, the management of sick negroes is capable of improvement ; but, at present, I shall only observe that, to this object, respectable medical characters must be procured, whose qualifications are competent, and dispositions humane, with whom the proprietor or attorney should be on intimate habits, willing to give due consideration to any of his suggestions, and to be ready to support him in effecting that attention to negroes which enlarged views and humane feelings of duty inspire.

*October.*—Had little rain during this month ; north winds prevailed, and vegetation had been indolent ; but

this was also a consequence of the season of the year. We had been very healthy in this parish ; though, in some others, it was reported that the yellow fever, or malignant causus, was carrying destruction before it among new comers.

It is painful to me, from a regard to truth, which these memoirs must preserve, to remark that, on a property, a valuable negro was prevented, by the commands of an overseer, from availing himself of medical prescriptions while labouring under a pulmonic complaint. My opinion was given to the overseer with a prescription. Several weeks after, the negro met me ; an increased illness was expressed by his general appearance ; and he declared that he had neither received medicine nor indulgence as I had directed. The consequences were in a short time fatal to a decent negro, whose overseer could not deny him to have been a dutiful servant, and respectable in his station.

On a property, a woman, on a trivial offence, was confined to the stocks in a cold room night and day, and her life endangered by neglect.

A pregnant woman was confined to the stocks for misconduct ; and only liberated a few days before her delivery. Her health had suffered severely ; and, after bringing a child, she discovered symptoms of puerperal fever, which terminated her existence in a few days.

The professed purposes of this work are to afford examples upon which amendment may be founded ; and though it would be absurd to say that, in any country, abuses are unknown, I am sufficiently aware of the

humane and benevolent intentions of proprietors, to know that they only require avowal to be corrected; and an improper delicacy in these matters is conceived to be little less than a criminal participation in guilt.

The legislative body has provided against oppression towards negroes, in terms which, it might be imagined, would secure the country against prejudices of ill disposed persons. Instances of evasion have sometimes occurred,—the laws of humanity have been violated,—and this is asserted, for the purposes of counteracting such enormities, and to shew proprietors and attorneys that it is their duty minutely and frequently to know what is going on at their plantations.

This leads to offer an opinion, which observation fully justifies me in stating, on the management to be successfully adopted with regard to negroes. The result is, that firmness, decision, and good sense, are ingredients indispensibly necessary in the character of that person who gets charge of an estate, as overseer on it. Negroes are crafty, insinuating, and discerning. They will soon discover what the disposition of an overseer is. They can avail themselves of his weaknesses, or conform becomingly to the dictates of a firm and just authority; but it is to be lamented, that such is the perverseness of negro dispositions, as to require corporal punishment to confirm the overseer's controul; and if a negro does not meet that treatment when he deserves it, it is not inferred as an act of mercy, but of imbecility, on the part of an overseer. The consequence of



which is, that severer punishments become unavoidable.

The character represented as best calculated to have the management of negroes, will, in pursuance of that good sense and humanity which emanate from such acquirements, feel little or no occasion to flog. His firmness, blended with kindness, will prevail. This character will be held in reverence by the better part of them, and become a terror to the ill disposed. My observation decidedly is, that where corporal punishment is least exercised, that property is always under the best management.

It has been necessary for me to remark more severely than could be wished on the inhumanity of some white managers. They were fortunately few in number; and met the contempt of all respectable persons. But, as a probable reference to proprietors and attorneys, it is conceived that the negro's name, crime, the extent of punishment, and confinement, should be regularly entered in a book; and that no overseer, or person under his authority, should inflict any punishment, which shall not be brought thus within his notice; and that the overseer shall not punish a negro in any shape but in the presence of a white man belonging to the property, whose name must be inserted in the book.

Such entries of punishment, crime, date of, &c. might be considered a distinct plantation-book, directed and enforced by a legislative clause in the consolidated

slave law ; and it would be well to oblige every overseer to swear to it, as he does to the vestry accounts.

*November.*—Rains so trifling, that they answered no good purposes. Vegetation peculiarly slow at this season. Want of moisture severely felt for Guinea corn and other provisions. North winds severe.

The dryness of the month had been probably favourable to health ; for though a great number of young men had arrived from Europe, they pretty generally escaped fever.

A number of those persons had been subjected to bilious diarrhœa, which, in some instances, assumed a dysenteric shape ; but the disease likewise affected persons of old standing in the country ; and, where diarrhœa could be kept within due limits, it is probable that the complaint had healthy consequences.

*Grant*, a negro on Tulloch estate, in a fray with his wife, when she had been going through domestic business, with a knife in her hand, was accidentally wounded near the umbilicus, inclining towards the back. The extent of the wound might be about an inch, penetrating so far as to cause the protrusion of intestine. It was immediately restored by Mr Morton, the overseer ; and a compress very properly secured over the part. In sixteen hours after, I was called to his assistance. He had an irritable pulse, about ninety-six ; no motion from the time the accident happened ; complained of sense of tension about the wound, and a

slight degree of nausea, which sometimes produced ineffectual efforts to vomit. The overseer could not positively say that the intestine had an appearance of being wounded. He was bled when the accident happened.

As the man did not, on my arrival, shew symptoms to indicate bleeding, an attempt was made to introduce the common salts in a shape which had been often found acceptable in negro practice, with mint tea, in graduated doses; but it would not do; every dose of it, or of any other liquor, was rejected by vomit.

In consequence, calomel, as an article of little substance, and unlikely to disturb the stomach, was resorted to; eight grains every second hour. One dose only was nauseated in twenty-four hours. Tobacco infusion with soap was occasionally thrown up by glyster; but they came away without producing any removal of fæces. Fomentations and other remedies were not omitted; and, in twenty-four hours, the patient was yet unrelieved; retchings and symptoms continuing of an alarming nature.

On the second day, twelve grains of calomel were given every second hour; the tobacco enemas were continued; and cathartic ingredients, such as aloes, &c. were added. In course of the day he got a plentiful evacuation of hardened fæces. After that time, attention was paid to the state of his bowels; and he got well. The wound healed kindly.

One hundred and twenty grains of calomel were given in that case, before the desired effect was produced.



On the 7th of the month, in the morning, the thermometer stood at fifty-seven degrees; at about ten A. M. ninety-eight degrees. That circumstance is an example of the vicissitudes of climate to which that country is subjected. But it is also worthy of observation, that these are made in the shade; and our pursuits were going on under a heat far exceeding it.

In some cases of elderly persons, where it was with difficulty that the bowels could be moved, it was found necessary to use pills composed of calomel, aloes, and gamboge, in the proportion of one-third of the first and last ingredients to two-thirds of the other article. These powerful medicines became more necessary, on account of such persons having brought themselves to an habitual use of laxatives, where they had not been originally called for.

At Pear Tree Grove, a negro, named *Felix*, was wounded under the patella by a sharp pointed instrument. It gave him severe pain; but, on my visiting him, no fluctuation nor sinus beyond the wound could be discovered. It had been much irritated by probing; and a large poultice, previously fomenting the parts, had been applied twice a-day. Laxatives were administered, and an opiate occasionally.

As the swelling continued, attended by great pain, but still giving no prospect of suppuration, a seton was introduced near the wound, towards the back part. He was kept under an antiphlogistic course; the swelling was covered with mercurial ointment, combined with

volatile alkali ; and that treatment being for some time attentively followed up, the man got perfectly well.

A case of midwifery occurred at Prospect estate, where the umbilical chord enveloped the body and one arm of the fœtus. It unluckily happened, too, that the chord was shorter than common. The *accoucheur* suffered the delivery to be fully-effected before the evil was removed ; and the child perished.

At the same estate, a woman, about forty-five, of a weakly constitution, was admitted in a reduced state from pneumonia, which she did not discover at an earlier period. She had that stertorous breathing, rapidity of pulse, and general symptoms, particularly indicative of approaching dissolution. Blistering was applied to the chest and thighs ; stimulating cataplasms to the inside of each ankle : the camphor julep, assafoetida, and opium pills, mucilaginous and expectorating mixtures, were taken. Suitable nourishment was not neglected ; and she made the most surprising recovery I have known.

Let not man presume to act on the prognosis he himself forms. His judgment is fallacious, and only that of a mortal being, whose knowledge is circumscribed.

*December.*—Dry weather, with the exception of north side scudding showers, which came on about the end of the month ; and were so trifling, that no advantage was derived from them.

*25th.* About half past nine A. M. a smart shock of an earthquake was felt. It was preceded by a rumbling noise in the bowels of the earth, in a direction from

north to south, conveying a sensation to the mind more tremendous than any thing of the same kind experienced on former occasions.

My duties required early rising ; and, in riding through practice, a sensation, arising from electric gas floating in the atmosphere, was conveyed to my senses, such as I have felt in keeping my head over the cylinder of an electric apparatus in play. It had been felt on several previous occasions, but not to the same extent as on the morning alluded to.

Negroes had been much afflicted by serious catarrhal and pneumonic symptoms. The complaint extended to children with remitting fever.

In children, the paroxysms were severe, coming on in the evening. Under the general opinion that worms form the source of many diseases there, purgatives, calculated to destroy them, and cow-itch, were freely used, but with no effect, as a vermifuge. Still, as laxatives, they were useful. Remission of fever was more certainly procured by blistering the nape of the neck ; and, when intermission was fully obtained, bark in liquorice infusion was given with advantage.

The success which attended the use of bark and laudanum, as an application to the navel in new born children, requires no greater commendation than the success which resulted from it. Cleanliness is the foundation on which it depends ; and it is to be hoped that these simple means will be universally adopted, with the other precautions heretofore advised.

The torpid tendency which the bowels assume in that



climate, where active purging is necessary to save life, makes it expedient to have recourse to remedies, at first sight of too great violence. Such cases call for early and decisive measures. Equal parts of calomel, gamboge, and aloes, in pills, two or three every two hours, or oftener, were used in cases of urgency. After being kept down half an hour, without running the risk of taking any drink to excite vomiting, their operation might be calculated upon as certain; and, when uneasy pains were felt, a small quantity of water-gruel was taken; but any thing to excite vomiting should be avoided.

Mr —— a grog drinker.—His stomach had lost its healthy powers; and he presented himself an object of compassion, but still persisted in his favourite vice; anxious to get relief from medicine, yet, in a most unaccountable degree, unaware of the cause of his complaints. A blind and ruinous infatuation, thus to run on disgrace and destruction of every faculty which gives a superiority to man.

It is customary, once a-year, to serve negroes with clothing. At Shenton estate, it was in contemplation to deliver it out at the approach of the holidays, when they indulge themselves in savage excesses; but as it might be improperly disposed of, to obtain extravagant purposes, Mr B. the overseer, was anxious to postpone it. He consulted some of the head negroes; who agreed with him that it would be advisable to defer it until these excesses were over. That circumstance, so creditable to Mr B. shews that negroes are not universally

the unreasonable beings which many suppose them to be. Under good management, they are a contented set of people, looking up to their superiors for protection, and appealing to them as their best friends. It is a violation of truth to assert, that relative sense of duty does not exist between a worthy master and a worthy negro. I know of few ties more binding.

*January 1803.*—Had moderate rains during this month: the weather rather cool; wind from the north.

Fevers of irregular type prevailed, either as quotidian, intermittent, or remittent.

Mr M. of Knollis's, a gentleman of many years standing in the country, got fever; and was considerably better after the effects of a solution of tartarized antimony, which procured him copious evacuations, and, as he conceived, a remission from fever. He commenced the free use of bark; and continued it for three days, without considering the propriety of keeping his bowels open. On my arrival to see him, he was suffering great uneasiness in his bowels, having probably two ounces of bark in them; and not long after he was seized with a severe chilly fit, complaining much of general oppression and uneasiness, on account of the accumulation of bark in the intestines. Enemas had little effect; his stomach was irritable; but, adding some essential oil to the calomel, gamboge, and alces pills: they were administered with the usual caution. In about three quarters of an hour after they were taken, the patient felt a heat passing along the

bowels. Diluting drinks were then allowed to a limited extent, so as not to disturb the stomach ; and emollient enemas administered, to facilitate the escape of bark. In an hour and a half from the time the first dose of pills was taken, and with the help of enemas, fomentations, &c. stools were passed of firmly clotted bark in a scibulated form, throwing off a hot and fœtid vapour, which was at first extremely offensive.

Mr M.'s case is introduced here, to afford an instance of the danger attending on every occasion where bark is injudiciously taken, without due attention to preserve the bowels open. It has been fully ascertained, that violent inflammatory affections are caused by retention of bark in the *primæ viæ*. Its nature is such, that it is very apt to form congestion in the bowels,—to take up much of the mucous secretions,—and to form hard scibulæ of difficult removal.

It is, therefore, necessary to add to each dose of bark, or occasionally, six or eight grains of julap, which is found to be a remedy peculiarly well suited to this purpose.

A medical gentleman in Kingston informed me that, in an attack of remittent bilious fever which he underwent, he felt conscious that he was in an unfavourable state. He was deeply impressed with the opinion that sponging the body with vinegar and cold water would be useful ; and he commenced his own remedy, which, he asserted, saved him : for, in the course of a day more, fever intermitted. He was able to take bark, and made a good recovery.



*February.*—Moderate rains, with northerly winds, and very much such weather throughout as in January.

Irregular attacks of fever, with considerable dyspnœa. The latter, apparently proceeding from fulness in the right side, and obstructions in the biliary passages, obliged me to submit to confinement. But difficulty of breathing, about the accession of fever particularly, was so unyielding, that its extreme distress obliged me to apply a blister to the breast. In other respects (the first attack of any serious nature in the country), my complaints were treated by powerful evacuations, such as have been formerly pointed out.

Though some alleviation followed the above treatment, it was found that the exciting sources were still in force; and, after undergoing several returns of fever, attended by the distressing symptom above mentioned, it was recommended to me to go to Port-Henderson. Having proceeded from St Thomas's in the Vale, the following remarks were made.

On leaving home, felt exceedingly weak, with a sense of load over the whole body; the eyes deeply tinged of a yellow colour, spirits much oppressed, and for several weeks no appetite for food of any kind. At eight A. M. my journey to Port-Henderson commenced under these circumstances. The sea-breeze had set in early of that day; and, before arrival, had the advantage of enjoying it in my face for about three quarters of an hour. The spirits were raised by it; and, by the time we got to the Port, my appetite was sharpened to a degree I had not felt for a month before. Some dis-

ner being procured, I partook heartily of it, without the slightest degree of depraved taste which an invalid, not exactly convalescent, experiences in that sense. After being a few days there, my health was so much recovered, that I hastened to return home. But it is due to that excellent resort for health to add, that the mind may be continually engaged in such an excursion to great advantage.

A boat leaves Port-Henderson regularly, at an early hour, for Port-Royal; or one may be engaged to carry out lodgers, to enjoy the fine temperate mornings on the waves, and return at their pleasure. Port-Henderson likewise enjoys the advantage of an excellent sea-water bath, formed in a curious manner by rocks, having a subterraneous communication with the sea. But it is recommended to invalids, or convalescents, to go to Port-Royal in the morning. By which pleasant means early rising is secured, and they arrive there in time to enjoy as good a breakfasting place as Britain can furnish (at Goodall's). The sea-breeze, soon after, is in full force; and canoes, or wherries, are at all times ready to convey passengers back to Port-Henderson.

At one time lodgings were indifferent at Port-Henderson. But the interest of the proprietor obviously suffered. And, when Mr J. S. entered on the management of C. H.'s concerns, he soon commenced on the improvement of the place, which, though a barren rock, must be now a great source of emolument to the proprietors, as a wharf, and resort to invalids.

When accommodations were such as to afford no

comfort to those who visited Port-Henderson, either for health or pleasure, it was customary, when strength would admit of it, to return to lodgings in Spanish Town, a distance of about seven miles, every night. But this was only applicable to persons whose homes were in that place ; and the lodgings at the Port are now such as to have done away that custom altogether.

During the time my strength permitted me to visit, a negro man, named *Douglas*, belonging to the Crawl estate, returned home, after an absence of two months as a runaway. He was confined ; and, on the driver going to carry him to work, he took up a bill, and nearly cut off his hand by the wrist. The wound was ragged, and the object imperfectly accomplished. There was not much bleeding from the parts. They were united as well as possible ; the myrrh and laudanum mixture applied, and altogether placed in the best manner, so as to procure re-union. In the following month it was effected in a much better manner than expected.

Mr A. carpenter at Wallins, to all appearance was making a slow recovery from an attack of remittent bilious fever ; but it was accompanied by symptoms indicating disposition to pulmonic disease. He went out early on a morning, when the fog was heavy, to give instructions to the carpenter gang under his charge. He returned to breakfast ; and appeared to take it with appetite. Soon after, he was obliged to retire to his room ; his pulse was found weak and vibrating ; eyes



sunk and fixed; breathing stertorous; and extremities getting cold.

Several parts of the body were blistered, with a view to stimulate the system. Sinapisms, with capsicum, were applied to the hands and feet; the stomach was made the medium of stimulating cordials; and enemas were frequently thrown up, such as the intestines had been known to bear with advantage.

These attempts, however, were ineffectual; and he sunk in nine hours after he got into the state described.

It has been imagined that a West India climate is favourable to persons predisposed to consumption, and to those in whom that disease has established itself.

That the heat of the climate is considered more congenial to the phthisically disposed, cannot admit of a doubt; and, unless the biliary organs are disturbed by the general effects of the atmosphere, it is probable, from reason, and from the more satisfactory ground of experience, that a consumptive person, under few regulations, is, in such circumstances, more likely to prolong life than in an European climate.

It is, however, deserving of previous consideration, that very few Europeans indeed, if any, escape, more or less, disease of the hepatic organs in the West Indies; that those who are disposed to consumption are of constitutions extremely irritable. On arriving in that country, irritability is brought into early action; and it is a general consequence, that the biliary viscera are morbidly influenced. When that happens, phthisical dispo-

sition is brought into a state of advancing disease, and with a rapidity greater than what is generally observed in this country.

These reflections being the result of observation, it seems more adviseable for consumptive patients to seek for relief at Madeira, or some of the islands near its latitude : In the south of France, Italy, or Lisbon, for instance.

*March.*—North winds prevailed, with heavy rain, which constituted a humid, cold, and unpleasant atmosphere.

Those persons complaining of intermitting fevers, or getting free of remittents, had been universally recommended to the sea-side, to enjoy its pure and invigorating air, as the only probable chance they had of establishing convalescence.

Though my disposition to fever was not removed during the month, the paroxysms of ague were not of any distinct type. When they came on, a severe tightness was felt across, under the *cartilago en si formis*, producing dyspnœa, and the usual symptoms of rigor. Under that state, relief was obtained by vomiting ; and, after great straining, immense quantities of viscid bile were sometimes discharged. It is prodigious and unaccountable to see, on some occasions, with the help of tepid water, what quantities are thus discharged, and the relief consequent from it. That tightness across the chest is generally removed. It is then proper to get medicine to act on the stomach and bowels with

as great expedition as possible, and to follow that treatment by the colomba infusion, bark, &c.

In a case of long delayed obstruction of the intestinal functions, tobacco infusion, by glyster, was used, with every probability that it saved the life of the patient.

A young woman, who accompanied a lady from Europe to that country, went to the river side to attend washing of clothes. In doing the labour of which, she improperly joined, and got a good deal heated. In that state, she stripped, and bathed in the stream. On the following day she got fever, marked by an unusual attack, a palsy of the tongue. It continued during a tedious and protracted illness, in which prostration of strength and imbecility of mind were to be obviated. When febrile symptoms were gone, her strength improved, and the power of speech was progressively restored.

*April.*—Temperature extremely variable, and winds changed about a good deal; north winds continued more than customary at that season of the year; rains moderate; during some close oppressive weather, had a smart shock of an earthquake; vegetation lively, as is common at that period.

Changes of temperature, chilling effects of north winds, were probably the sources of catarrhal and pneumonic complaints. Some cases of inflammatory sore throat occurred, and one of *cynanche maligna*.

The son of Mr H. at Rodneyhall, a boy of about



five years of age, of previous good health, had been for two days complaining of sore throat ; and had the solution of tartarised antimony administered, to produce vomiting, which it did effectually. On the third day my assistance was called. His tongue was found much parched along the tonsils, and beyond them ; there was a dark sloughy membranous appearance ; breath fœtid ; pulse at least one hundred, and small. A sore formed, of a gangrenous appearance, behind the right ear, to which the mother had been applying castor-oil leaves ; but these people had recently put a dunder poultice, with bark, to the part.

The stomach had been all along in a state which rejected every attempt at medicine ; and may be probably adduced as an additional instance of the bad effects of tartarised antimony, unless in judicious hands. The stomach, in its functions, is a most important vehicle in all curative indications ; and, when improperly excited, it often happens that fatal consequences ensue.

The gangrenous tendency which pervaded the system, was manifest from the spreading disposition of the sore behind the ear, the appearance of petechiæ, and gradual sinking. Bark enemata were thrown up, the pepper gargle was attempted, and several other medicines ; but he died about the fourth day.

The above case was complicated with worms ;—he vomited three or four of the teres kind.

At Rosehall, a woman, under difficult and tedious labour, had embryo-ulcia performed ; and recovered in course of a few weeks. She has since had natural labours.

At Knollis's estate, a negro of the Angola country was attacked by symptoms of pneumonia. Pain in his right side was so acute, that respiration was extremely difficult. He had been bled, before assistance was called in, until he fainted; and it was of a sizzly natural redness, separating considerable buffiness.

On my arrival, a blister was put to his side; the bleeding was repeated; and a disposition to syncope came on after he had lost a few ounces; but laborious breathing did not appear relieved in the smallest degree. The usual remedies were superadded; but, about ten at night, he appeared to be sinking, and died at twelve. In a few hours a bloody serum was discharged from the nose and mouth. On the previous day, he had exerted himself uncommonly with the terriers in rat-hunting, and probably ruptured a blood-vessel in the right side.

The constitutional delicacy of Angola negroes renders the above supposition more likely.

At Tulloch estate, Mr G. a young gentleman, had one of his legs burned from the knee downward, by getting it accidentally into a pan of hot liquor. On visiting him the same day, the parts were found vesicated; and diluted vinegar was applied. An acetated saturnine solution was afterwards in constant use for several days, till the scarf skin was nearly removed. His bowels were attended to; and, as some dark spots were observed on the surface, bark was given to the extent of about an ounce daily, with wine. A bark and Dunder poultice was applied over the parts three times a-day.

That case continued to assume unfavourable appearances for about two weeks; but he was a young man of a cheerful and obedient disposition. In great pain, opiates were occasionally prescribed; bark was freely used; antimonials were sometimes indicated in a state of feverish heat; purgatives, as his bowels required. Under that treatment, he began to get better,—the dark parts sphacelated,—and a healing process could be observed. His recovery was tedious; but he got well.

In the above case, it was necessary to direct the treatment with a view to prevent his getting the epidemic fever of new comers, for he had only been a few months in the country; and fever, contracted under such accompanying circumstances, would, in all probability, have assumed a malignant type, and proved fatal to him.

*May.*—Had abundant rains, attended by lightning and thunder. The rivers became very high. Heat was sometimes almost insupportable. Thermometer at noon from eighty-six degrees to eighty-nine degrees. Sea breezes regular, and no north winds.

Vegetation extremely vigorous; and though it might have been conceived that excessive heat would have predisposed particularly to disease in new comers, nothing occurred, from the time of my arrival, or during my residence in Jamaica, to produce an opinion that it really does so. On the contrary, the fall of the year, when the air is colder, and from the north,—when vegetation is declining, and probably a corresponding de-



cline of the animal creation,—then the formidable endemic diseases of Europeans more commonly do discover themselves.

Many of those persons employed on plantations are supplied with new rum, in a state very unfit for that immediate use which is made of it ; and a beverage, composed frequently of unripe lime juice, sugar, and water, is added. Bowel complaints often supervene. On some occasions, the dry belly-ache is produced from these unwholesome materials.

Careless negroes are often negligent in cleanliness ; but it is singular that they should allow it to go so far as to permit the generation of maggots far up the nose. A case of that kind was met with in *Cato*, at Hoghole estate. They had remained for several days after their formation, and oil simply would not affect them. It was found necessary to introduce spirits of turpentine, when they dropt out in immense numbers, so as to engage me in the work for half an hour.

At Byndless estate, *Cadgøe*, much accustomed to excessive drinking, night walking, &c. was seized with an epileptic fit. He continued for a long time in that state. Previous to the fit, he had taken some emetic tartar for a stomach complaint ; but it had not operated. Dr Clarke was called in, and conceived it necessary, if possible, to excite vomiting. Mustard was tried ineffectually. He then suggested the use of a feather, which was passed down the throat, and agitated for some time. It had the desired effect ; and the man was relieved.

*June, July, and August.*—Three months included under the above head, on account of having suffered more ill health during that period than at any time since my arrival at Jamaica. I was so overpowered and inactive, that the most favourite pursuits had no pleasure for me. My lingering, and often painful complaints, impaired almost every exertion of mental faculty.

Weather had been extremely hot and oppressive; rains plentiful. In Kingston, the thermometer was known ninety-four degrees at noon; in that parish at ninety-two degrees; and seldom under eighty-three degrees.

To persons in health, the increased heat had been distressing,—to those under disease, it was dreadful.

Fevers became fatal in several instances, assuming a quotidian and remittent type more commonly.

Our valuable assistant, and late partner, Dr James Hunter, had been eighteen months in the country as our assistant, and ultimately had become our partner. He had preserved good health before, but was seized with the remittent bilious fever; considerable determination of blood to the head, fulness under the *cartilago en si formis*, and the other symptoms of that disease. He had the usual treatment in such cases; and bilious evacuations were copious. On the third day he had a remission; but in a few hours it returned; and, notwithstanding every effort to save him, he died on the eighth day. Cold ablutions were used; blisters in the different stages. Unfortunately, though it was wished

to push the use of mercury in the early stage of fever, he resolutely opposed it himself; and frictions were not therefore used.

The *digitalis*, or fox-glove, had been used in cases of consumption and hydropic affections with considerable success.

Mr ——— under a diseased liver for many years, fell a victim to the disorder.

Dr Weston, of St Ann's, in a very obliging manner, forwarded some vaccine virus. It was immediately used, but no inflammation followed. The child was inoculated a few weeks after by variolous matter, and took them favourably.

In that country, extreme heat soon decomposed the vaccine lymph. To introduce it effectually, one or more children were sent to Dr Weston to establish infection; when they were brought back, to convey it to others in that quarter of the country; and thus communicated such a blessing over the island.

In the course of reading several authors on West India diseases, the truth of Dr Moseley's observation has been always confirmed. He says,—“In hot climates, a sound state of the liver is not to be expected after death, whether the disease be acute or chronic. If the latter class of disease, it is almost always the seat or origin.”

Though the climate does, to a certain extent, dispose to disease of the liver, it might in general be diminished, by resisting propensities of an improper nature,



which certainly tend to aggravate the disadvantages of climate.

The fashionable habit of smoking tobacco, hard drinking that often accompanies it, late sitting up, lying in bed in the morning, improper diet, indulging habits of passion, gratifying a revengeful spirit, keeping the mind in an unceasing state of irritation,—these are sources of that disease, to which they may be often traced, and cannot be sufficiently guarded against.

Some instances occurred, where persons from Europe professed considerable exertions in walking. In the Maroon war, it was found that the whites stood much more fatigue than could be expected, and exceeded the mulattoes in ability to go through their marches. It is a dangerous experiment; for moderate exercise on horseback, or in a carriage, has a tendency to preserve health; but it must be limited, for it has been ascertained that great injury to health has been thus sustained. An instance of hepatitis, combined with hydrothorax, came on, in a person much accustomed to walking exercise, and proved fatal.

By the conclusion of August, my health, by change of air, had been much improved. The quassia cold infusion had been found extremely beneficial, taken to the extent of about a pint early every morning. Appetite was promoted; and it seemed to me to act slightly as a laxative.

*September.*—While other parishes had been suffer-

ing severely for want of rains, we enjoyed them to a sufficient degree. Heat severe ; in the mornings about eighty-two degrees ; evenings the same ; at noon from eighty-six degrees to ninety degrees.

Negroes had been subject to fever ; but they had not undergone any protracted course. The bowels being freely opened, relieved the head and *primæ viæ*. An opportunity was thus afforded to administer bark, and they were generally dismissed after the third day.

A negro named *Hamlet*, on Palm estate, aged about fifteen, got palsy below the trunk of the body. Various remedies were tried, without producing a change. On the *os coccygis* several ulcerations formed, to which a practitioner directed the application of capsicum in rum to wash them ; and they extended to the pelvis, assuming a foul ill-conditioned appearance. He continued for upwards of two months in a badly regulated hospital, and then died

In *Hamlet's* case, no accident or fall brought on the complaint. His appetite for food was voracious ; his digestion pretty good ; the ulcers on the *os coccygis* and *sacrum* were deep and foul ; but, a few days before his death, put on a more healthy healing appearance.

Mr A. appeared to be a young man about twenty, of a corpulent and plethoric habit, in the country about six months, and had had no sickness of consequence from the time of his arrival. Attendance was called in about the second day of his illness. I found him affected by the usual symptoms of pyrexia peculiar to new

comers : he had taken a laxative with little effect ; his stomach was extremely irritable ; rejected some calomel and jalap pills.

Mr A.'s complaints, and the plethoric state of his system, induced me to bleed him, when about two-thirds of a pint was drawn off : he was disposed to faint, and no more was taken. The blood separated a thick buffy coat, and it was of a dark appearance, with very little serum.

Ten grains of calomel, with a wine glassful of saline mixture, were given every second hour ; the former, as most convenient in an irritable state of stomach : he took in such doses from sixty to seventy grains. As these were only productive of motions which discovered increased accumulation and vitiated secretions, the same medicine was carried to a still greater extent ; so that, in thirty-six hours, he had taken one hundred and twelve grains. The bowels being emptied, with the assistance of enemas, a slight affection of the gums was felt between the third and fourth day, accompanied by a remission of fever.

The above case happening in a young man whose habit of body predicted very alarming consequences on his first illness in the country, bleeding was considered an advisable remedy. As we were called in at an early stage of the paroxysm, the favourable progress of disease, and appearance of blood, justified the measure. Calomel was introduced with great activity to procure effectual evacuations from the bowels. It was desirable likewise to touch the gums ; and, though the re-



gular course of these fevers is much more protracted, with the state of ptyalism, remission was also procured. He went out for change of air, and continued well.

*October.*—The month had been rather dry, but with such occasional light showers as to preserve the plant; much lightning and thunder; sudden squalls; heat not so severe; sea-breezes in general, though we had strong north winds for a few days.

Sometimes the clouds were heavy, and much disturbed; wind varying often; yet, with the exception of a few squalls, which did no material injury, the hurricane months had passed over without such dreadful visitations of Providence.

Though at that season of the year fevers were likely to occur, yet we had not many cases; and of those which we met with, many were fatal in the event.

Mr ——— at Prospect, had lived improperly, indulging himself too often in that beverage, the common drink of estates. An increased disposition to disease had been the consequence.

He was attacked by the usual symptoms of remitting bilious fever, which had made some progress, before he thought it necessary to call in assistance. That delay was unlucky, for he was found extremely ill for want of medicine; his head, and across the chest, particularly distressing; and his stomach would retain nothing. Blisters were immediately applied to the lower part of the sternum, and between the shoulders. It was attempted to introduce calomel and other laxatives like-

ly to be retained, but in vain ; and the partial effect of medicine he had himself taken was not sufficient. Glysters were substituted ; but his pulse was about one hundred and twenty, small, and fluttering. It was probable that, unless the system could be roused, an unlucky event would soon take place. Two ounces of Peruvian bark were mixed with about two-thirds of a pint of the best brandy. The bark was well rubbed up with the spirits for about twenty minutes, when, by means of water, it was made up to a quart mixture. His vomiting was at that time dark and slimy ; subsultus of the tendons was frequent ; and many other symptoms were extremely unpromising. A wine-glassful of the mixture thus prepared was administered, which he rejected about ten minutes after. The dose was, however, repeated soon after ; it was retained, and about four more before next morning. Bark glysters in Indian arrow-root pap, and some laudanum, were also used. On the following day we found him much better ; feverish symptoms had nearly subsided ; and he made a good recovery.

In several instances, the state of patients are such, that inducements present themselves to deviate from established, or rather favourite, rules in practice. In the above case, bark was given in a state of fever, but in that last stage where nature is progressively sinking. On many occasions advantages have been gained by that practice ; and it seemed to be very striking in that instance, where dark vomiting, subsultus, &c. were effecting a fatal change. Bark enemata are extremely beneficial,

and may be retained in general, when administered conformably to the shape directed, from twenty to fifty or more drops of laudanum occasionally added. Opium, given by the intestines, seems to produce all the pleasant, without the unpleasant, consequences of laudanum, in fever, by the stomach. It has been observed, that where opium is taken in fever, its primary effects are comfortable; but when they are over, every unfavourable circumstance is aggravated. Still, however, in distressing irritability of the stomach, it must be used; and if the bowels have been previously well cleared out, it is less likely to be injurious.

In several persons, that month, spasmodic affections, chiefly of the stomach, and sometimes extending to the intestines, had been met with. In these, an opiate is generally taken; and such is the immediate relief, that it is no more thought of until it returns with increased severity. These cases are to be treated with laxatives, having in combination some essential oil, or even an opiate, suiting the cathartic to the ease with which it ought to do its duty in such cases. Some, however, came within our care, wherein calomel, saline mixture, and other active remedies, were used, on account of the presence of fever.

A white man, aged about twenty-four, by trade a mason, of a plethoric constitution, about five feet two inches, of smart appearance, fair complexion, and rather of a conceited cast, reserved, but not sullen, was about six months in the island.

He was attacked by the usual symptoms of fever;



and, as assistance was called early, he was bled freely. Under the usual course of medicines, &c. the paroxysm continued for three days; but no particular symptoms appeared to prove a source of alarm. A book-keeper had died next room to him; and he conceived that the place was haunted. Having expressed himself before to that purpose, its absurdity was the subject of ridicule; but his unfortunate condition of mind could not be separated from it; and, with considerable artifice, he effected the dreadful crime of suicide, by almost separating his head from the body with a razor.

Though suicide is a crime of which African negroes are sometimes guilty, it is of rare occurrence among the Creoles, or those from Africa, seasoned to the country. It is held in great detestation among them. The two razors prepared for the above crime were not accepted by the negroes doing funeral duty, but, in chesting, were placed by them alongside of the body.

Mr W.'s case was one of those where early attention was not given to the urgent symptoms by which it was characterised; and it proved fatal, under similar circumstances, as those in the case of Mr ———, though the event was different, on account of delay.

Mr M.'s case, at Tulloch, was one of fever, in a gentleman of short standing in the country, and did not put on symptoms of such excessive accumulations of bile as are commonly met with. It was of the nervous kind; fever at no time high, but scarcely any remission. He was easily startled on slight occasions.

It was treated by laxatives, such as senna infusion with cream of tartar, snake-root infusion with spirits of nitrous æther, and aq. ammon. acet. In about two weeks he got better, and removed for change of air.

The prevalence of sickness during that month had been extensive; and it may be presumed that many lives might be saved by exercising better care in health, securing earlier medical attendance, and that attention in nursing, so particularly necessary in that country.

The influence of climate, in producing disease, requires no corroboration; and its sources have been accounted for in some degree, though imperfectly; yet they may contribute to a nearer approximation to truth.

Some people had been induced to take about a dessert spoonful of well prepared tincture of bark early every morning, while attention to a regular state of bowels was observed; and it is worthy of remark, that those escaped sickness.

Inconsiderate persons, when they become convalescent, calculate on getting soon better, and sometimes do not remove for change of air. A very exemplary young man, Mr B. on getting free of fever at Hoghole estate, did not remove; and he had a severe relapse, which went through the former course, but under mitigated circumstances of violence. A change to the mountains was even of service,

*November.*—Had north winds generally, with heavy rain, rendering the rivers for some days impassable. That cold humidity, peculiar to the season, had been experienced ; but towards the end of the month a clearer atmosphere and finer weather ensued.

It has been generally remarked, that at the same season of the year sickness prevailed to a greater extent than at any other. Its causes have likewise been a subject of inquiry ; and it may be observed, that reasons continually present to confirm that analogy.

Mr I. at Dovehall estate, got the usual remittent bilious fever, under repeated attacks of which he was extremely reduced ; but his case is introduced, to bring under observation the necessity which often calls for the introduction of bark, in critical circumstances, during febrile diathesis. Prostration of strength became alarming, while delirium, fever, &c. were going on. It was evident that much time was not left for the giving of medicine ; and those which had a tendency to invigorate the system afforded the only chance. His bowels had been freely opened ; blisters were successively applied to different parts of the body ; bark, by table spoonfuls, in brandy and water, one part of the former to two of the latter ; and though vomiting was slightly produced from the first dose, the greater part was retained, and repeated with excellent effects, for, within twenty-four hours, the patient was in such an improved state, that he might be considered out of danger.

While cases are given of the efficacy of bark in cer



tain circumstances, it is necessary to be also on our guard how we administer it on every occasion where that valuable remedy is indicated. It will be found, in common cases, that small doses, such as half a dram, or two scruples, often repeated, will answer best.

My ingenious partner, Dr Clarke, had, on many occasions, given bark in doses of a very large size; and his extensive observation fully justified the measure in such cases as that of Mr I. and Mr. D. before alluded to. It is only a just tribute to the memory of Dr Clarke, that, in this as on many other occasions, his experience afforded me many useful *data* in practice.

Mr B. a gentleman aged about thirty-seven, of an apoplectic appearance, while sitting at dinner, felt himself suddenly seized by excessive fulness in the head, and fell down in a fit, from which he did not recover for three quarters of an hour. In about two hours it was in my power to visit him: There was a staring wildness in the expression of his countenance; but he described his feelings with considerable accuracy.

After getting him put to bed, finding his pulse much quicker and fuller than natural, and giving due weight to his plethoric constitution, a vein was opened in the arm, and nearly a quart of blood flowed from it in a very short time. Syncope slightly followed; the blood had an appearance which fully justified the taking away of such a quantity. The *primæ viæ*, and other indications demanding attention, succeeded the above treatment.

On the following morning he was in every respect better ; but a diffused painful redness of the ankle made its appearance, which obliged us to put it down as a gouty case ; and it is possible that the apoplectic symptoms of the attack might have been produced by an unfixed gouty diathesis, acting particularly on the sensorium.

It scarcely ought to require the trouble of an observation, to recommend to young men who feel themselves indisposed, not to neglect that precious time of the commencement of sickness, in which the most effectual remedies may be administered. A favourite idea is too prevalent, that natural strength of constitution will forcibly remove the formation of disease, without resorting to the assistance of medicine ; but it is an erroneous opinion, which I have known many valuable lives lost by : And I would here recommend it as the duty of every medical man to be on friendly and easy habits of respectful intercourse with young men on estates, by which means a previous acquaintance is gained with their constitutions, and they will not feel any reluctance in stating what may be considered trivial complaints at first, yet the beginning, or foundation, of those of a more formidable description, which may be subdued by early recourse to medicine.

The profession may think me more earnest in my applications to the subject of their duties than I ought to be. It is my wish to hear that their circumstances may be improved in plantation practice ; and it is not one of the least objects of this publication, to point out its ex-

pediency. In the meantime, it must be remarked, that, from a combination of circumstances, the accounts of practitioners for attendance on white persons are badly paid ; and the allowance made for negroes does not, by any means, compensate for the trouble they generally have. To the credit of Robert Ross, Esquire, of Bye-brook estate, an allowance of five pounds *per annum* was made to the practitioner for each white man employed on his estate, the overseer excepted, who was able to afford the payment of his own accounts.

In a case of *ascites*, after tapping a second time, two months elapsed without any appearance of water collecting again in the abdomen. After the first operation, digitalis was fairly tried. Every unpleasant symptom of its effects was fully brought on, but without consequences which gave a hope that it had any influence in subduing the disease. Her sensations were so distressing from it, that she entreated it might not be continued. On the second tapping, she was put under a course of oxide of iron, cream of tartar, ginger, sp. nitr. æther, camphor, wine, &c. and nourishing diet, which seemed to effect that favourable change which had been noticed.

Though digitalis is a powerful, and in many cases a highly efficacious medicine, particularly in pulmonic and dropsical complaints, its operation is not uniformly the same. The above is given as one of several instances wherein it appeared to do mischief, by bearing down the patient's strength ; a circumstance, in dropsi-



cal cases, which should be counteracted, and never to be submitted to, unless for the decided removal of disease. While that instance is adduced, truth obliges me to bear testimony of its value in many cases which will come within the limits of this work.

*December.*—The weather considerably colder ; little rain ; north winds, and some thunder, which was unusual at that time of the year. Thermometer, morning and evening from seventy to seventy-four degrees ; at noon seventy-eight to eighty-two degrees. On one morning it stood at sixty-five degrees.

In weather very variable, vegetation indolent, sickly, and perishing, accompanied by north winds, the atmosphere must be composed of impure materials ; and our systems must be consequently more subjected to disease than for some time previous.

Quotidian and intermitting fevers of the tertian kind had been prevalent ; but not so uniformly fatal as in other parts of the island.

In the parish of St Mary, in the district of Bagnals and Araquebessa, a malignant fever had been carrying off the white inhabitants in great numbers. My information was, that they were seized with ardent fever ; the paroxysm continued unabated, and aggravated by great affliction in the head, vomiting, &c. A remission took place within forty-eight or sixty hours, when the patient fell into a sinking state, from which the most powerful stimulants could not rouse him. He died

with black vomiting, and other symptoms peculiar to the latter stages of yellow fever.

An overseer, who had a gleet of considerable standing, was so desirous to get clear of it, yet anxious not to submit himself to a doctor's fee, that he determined on becoming his own prescriber ; but, in his great wisdom, imagined a course of mercury would certainly complete the cure. He set to work, perfectly satisfied with his own sagacious views ; and, in a very short time, found himself in a state of profuse salivation, in which he had nearly lost all his teeth. The doctor was then called in ; and, of course, exacted a much greater sum than the overseer would have had to pay if he had been originally placed under proper treatment, besides the injury his constitution had undergone for no end.

Mr S., Byndless, a case of remitting fever in a plethoric habit, where feverish symptoms set in with more than common violence, and increased determination of blood to the head. Bleeding was early used from the arm ; and a considerable quantity was also poured out from the nose, which was not checked. The evacuations, by bleeding and epistaxis, were manifestly of service ; and the case is not mentioned so much to notice any other part of the treatment, as to observe the effects of early bleeding in the causus of new comers.

Hemorrhagy from the nose may proceed too far in the first stages of fever ; but it seldom does ; and ought not to be checked, but for good reasons. Where, however, blood is poured out from the nose, in the low or sunk state, after fever, we have reason to stop it as soon

as possible ; for, in that stage, where approaches to decomposition are in progress, a vessel gives way from that cause, and not from the propelling power producing hemorrhagy in a state of local plethora and inflammation, threatening congestion.

Mr D. at Hoghole estate, was a case of remittent, where the vital powers were extremely reduced. His stomach was peculiarly delicate. The slightest attempt to introduce medicine brought on retchings and syncope. It was found necessary at last to introduce bark enemas in arrow-root, in that shape formerly mentioned. Some spirits were added to each ; and they were sufficiently retained. Their effects were important as a stimulating and antiseptic remedy. The fever was not of the usual bilious remittent description (strictly speaking) ; it may be said to have been blended with that of the nervous kind ; and excessive secretion of bile did not particularly distinguish it.

At Williamsfield estate, a negro contracted tetanus, from a wound in the great toe, about a fortnight after the accident.

The united use of those remedies we found most advisable in this disease, were early used by our partner, Dr Edwards, on the more recent authority of Dr Mais, an American physician. The tincture of cantharides was pushed to a considerable extent, to produce strangury, but without success ; and Dr Edwards said that ptyalism was brought on by calomel and mercurial frictions, without any abatement of the disease. The case proved fatal.



A negro, at Charlemont, cut his throat, but did not inflict a mortal wound; and the man recovered. As an hereditary disposition, it is noticed here, his father having also attempted the same crime in a partial manner. The present subject had no reasons from ill treatment; for the negroes on the property seemed to be indulged almost to excess.

In place of using antimonials, with other combinations, in bilious fever and other complaints, it had been suggested that, in many cases, ipecacuanha would be found a better remedy, on account of its more moderate effects, and its salutary influence on the secretions.

*January 1804.*—During that month there had been very little variation from the state of weather described in December last. The prevalence of north winds, accompanied by a humid state of atmosphere, had been probably the source of sickness; but, upon the whole, we had a less share of ill health than neighbouring parishes; and the diseases which prevailed had not been by any means so malignant as in other parts of the island, during the fall of the year.

Mr M<sup>c</sup>K.'s case. Necrosis on the lower part of the tibia, under an impaired state of constitution, which had its foundation in *lues venerea*. He unfortunately leaned to a belief that the disease was altogether rheumatic. He followed up a course of treatment merely palliative; and his complaints increased. Several months elapsed, when he felt himself worse; the disease was

affecting him more seriously ; but his mouth inclined considerably to one side, as if by a paralytic affection, when it was considered adviseable, and then admitted by himself, that a mercurial course should be commenced. As he was constitutionally of a costive habit, it was necessary to prevent its acquiring an ascendancy ; for, to his neglect in not keeping his bowels regular, the aggravated state of his complaints might be attributed. His gums got affected in due time, and he made a good recovery ; though such a powerful alterative as mercury had not produced a greater secretion in the bowels to lubricate and carry off costiveness.

I was called to Mr B. when labouring under a severe paroxysm of tertian intermittent, the second attack. He had not taken laxatives of a nature sufficiently active ; and, during the hot stage, he began with doses of calomel, antimonial powder, and julap, in pills, until plentiful evacuations were procured. Intermission had by that time commenced ; and he resolutely began the bark, in such favourable circumstances, that he had no future paroxysms. Madeira wine was the vehicle in which bark was administered ; and very probably assisted its effects materially.

Mr W. S. an old inhabitant of the parish, presented an instance of extraordinary tenacity for life under disease. He was supposed to have been sixty-five ; had had a diseased liver for many years ; but dropsical swelling of the belly had lately been discovered, and complicated visceral disease. Yet, at that age, and under exhausted strength, unfit to take food, or to digest it,

for the purposes of nutriment, he lingered on for upwards of two months. This is extremely unusual ; for if diseases are distressing in that country while they last, they are soon decisive in one way or other ; and the tedious nature of his case must be solely attributed to the remaining powers of a once vigorous constitution, a hardy frame, which, even in Jamaica, required greater powers than common to subdue.

*February.*—Dry weather during the month ; colder than usual, particularly in the mornings, when thermometer was generally about seventy degrees ; at times sixty-five degrees.

The consequences of drought were much felt ; vegetation stationary ; immense chasms formed in the ground ; and, in some neighbouring districts, where circumstances were similar (Bagnals), they still suffered under the prevalence of a malignant fever, while in our parish the number of sick were fewer ; and only one case proved fatal.

Mr M. M'L. junior, appeared to be about twenty-one.

Friday,—was attacked by the usual symptoms of pyrexia, attended by severe pain of his head, extending from the front throughout every part of it ; vessels of the eye turgid, averse to light ; much restlessness, and general uneasiness ; pulse about one hundred, and rather full ; tongue dry ; skin very hot and dry.

Saturday,—at night, had a remission from fever for about an hour, when it returned, without rigor.



Sunday,—countenance exceedingly flushed ; arterial system much agitated ; headache continued.

Monday,—much as the day before ; no abatement of fever ; but, in the evening, after the effect of a blister to nape of the neck, and diaphoresis, produced by the assistance of medicine, a remission was obtained.

Tuesday,—by nine in the morning, intermission was complete, and there was an evident abatement of all febrile symptoms ; took bark freely.

Wednesday,—rested indifferently ; had some bleeding from his nose ; countenance a little more flushed ; headache returned ; pulse frequent, exceeding one hundred, and varying ; eyes more turgid ; disposed to costiveness ; in the evening lost about a quart of blood from the nose.

Thursday,—frequent recurrence of bleeding from the nose prevented sleep, to which he was much inclined ; but very little was allowed to come away. Fever fully intermitted, though countenance was yet a little flushed.

Friday,—all febrile symptoms gradually subsided ; and he made a good recovery.

The case of Mr M<sup>c</sup>L. is not introduced to shew the treatment, as that has been pretty fully done before ; but the various changes and general deviation of febrile diathesis, in the remittent of new comers, is laid down, and may be useful to commencing practitioners.

To watch the progress of fevers in new comers is a most important duty ; an early intermission or remission is no reason why an absence of more than a few

hours should be attempted. Those early appearances, favourable as they may seem to the event, are too often delusive ; and it may be generally remarked throughout these observations, that unless where ptyalism, or some unusual circumstance, has brought on a favourable crisis at an early stage, no circumstances in the progress of fever require more watchfulness and skill than those which follow an early remission.

My friend, the Reverend Mr —— was an instance, not uncommon in that country, where a gentleman had the means of comfort, yet it seemed to consist in whatever to most people would have been uncomfortable. An excellent constitution had enabled him to wear out astonishingly under these disadvantages ; but a series of bilious attacks, lingering fever, and a want of what is particularly necessary while indisposed, placed him under many disadvantages.

Though the immaculate character of the clergy ought not to be reproached, it should be expected, for many wholesome reasons, connected with a clergyman's welfare and respectability, that he should become a family man. In tropical climates, human nature does not dictate a life of celibacy or forbearance towards the other sex,—on the contrary, increased cupidity is indigenous to the climate, and must be yielded to.

In the relaxed state of constitution which Mr —— laboured under, he had been strongly recommended to return to Europe ; but that *amentia Jamaicensis* prevailed. Though he could afford the means of recovering

health he would not do it; and it is to be feared that he, who possessed many good traits, as a faithful and immoveable friend, only an enemy to himself, suffered from so absurd an opinion of economizing.

*March.*—Want of rain much felt: heat increased. Between the 20th and 30th, got an abundant fall of it,—a great blessing to man and beast; for both were suffering severely under privations for want of moisture to the fields and meadows.

Several cases of obstinate intermittents, which had resisted every remedy, underwent a favourable change on the accession of rain. Vegetation got on with astonishing vigour. Breezes passing over green-fields of herbage, fully enjoying moisture, conveyed pleasing sensations; they were refreshing; but, before the rain, instead of being acceptable, a dry, parched, hot vapour was encountered, in itself a source of fever.

A protracted case of intermittent in Mr M. appeared to me to be dependent on a liver affection; and, with much persuasion, he was induced to submit to the action of mercury on his system, which had a good effect.

Opium had been previously administered with great freedom in his case: unrefreshing rest was procured; but the disease was permitted to proceed; and it was even likely that, unwisely administered, it aggravated hepatitis. The indications clearly were to eradicate the disease by mercury; and, if opium must be con-



ceded, to give it in suitable doses, when the irritation produced on the system required its soothing and cordial effects; and then it might be of service.

Dr Currie wisely observes,—“It appears, in fever, that the time for giving opium is, when the symptoms of irritability, the dryness of skin, and increased heat, begin to subside. Under these circumstances, opiates have a good effect.”

Mr M.'s treatment had been so indirectly followed, with a view to reach the source of disease, and to obviate it, that, on that occasion, there was a disadvantage in consulting with another practitioner, which was extremely perplexing, as the nature of his case did not admit of ambiguity. It was necessary to press the point of treating the patient with mercury; and at last it was carried.

In the case of *Norwich*, at Palm estate, considerable alleviation of symptoms had been produced in phthisis, by the use of digitalis and flannel.

A fine young negro boy at Knollis's estate, about nine years of age, was admitted, and got a common dose of laxative medicine. About a day after, an express was sent, requesting my attendance. Found his extremities getting cold, scarcely any pulse, and had vomited several worms of the teres kind. A powerful dose of calomel, with cow-itch, was given to him; blisters were applied to different parts, and sinapisms to the extremities; but, notwithstanding every internal and external remedy which the mind could suggest, he

sunk in three hours, After his death, several worms crept out at his mouth.

That was decidedly a case of death from an accumulation of worms in the bowels. This disease did not come often within our treatment; but I have seen worms in a cluey mass discharged by children, by the united powers of calomel and cow-itch. The old women on estates in charge of children, are allowed to treat them when supposed to have worms. They too often subject all indiscriminately to a course, whether they require it or not.

My practice in worms had afforded instances of their destruction in the bowels by the power of medicine, without being discharged by stool in an entire state. Several cases might be mentioned, where broken pieces of worms had been discovered in the fæces, at a period ulterior to operation of the worm medicine.

*April.*—From the beginning of the month, had slight showers; towards its termination, abundant rains, with little thunder and lightning. Thermometer in the morning about seventy-four degrees; at noon, from eighty to eighty-four degrees.

The health of the parish had undergone a favourable change. Several persons, who were under jaundice, intermittents, &c. recovered by the influence of fine weather.

Some young men from Europe had come to the parish; and it was probable that the circumstances in which they were placed would have subjected them to

sickness. As no malignant disease prevailed at the time, it might be presumed that any attacks of fever they encountered, unless aggravated by imprudence, would be likely to assume a favourable type.

About that time, several cases of fever were treated by sponging the body with vinegar and cold water, or water alone; an opinion rather unfavourable to that treatment and affusion had been given out on respectable authority there; and though it had been entered upon with partiality, the result had not been such as its advocates could have wished. It is to be considered, that instructions in country practice are sometimes badly observed; and a medical man in plantation duties cannot command his time to see every thing done. It is my opinion, that the use of cold water in fever has not answered expectation, owing to its improper application; and the fault is not in the remedy, when properly administered.

Several years since, a practitioner of great merit had a patient under malignant or yellow fever, whose case was submitted to the use of cold affusion. He had undergone it once or twice before, in the first or continued stage; and was under the operation, when he suddenly expired.

An example of the unfortunate consequences of not employing fit persons for the care of women in labour, occurred that month at Miss R.'s, Pleasant Farm. The perineum was ruptured; incontineny of urine and leucorrhœa ensued, accompanied by excessive pains. The woman was put under a course of tonic medicines; the



parts injured were fomented by discutient applications, and suitably supported by compressions. The cure was tedious ; but, with the exception of her general health being impaired, she recovered the local injury in about three months.

It is conceived that, in two or three different quarters of the island, it would be a wise measure to establish, under legislative provisions, a course of lectures, and a lying-in hospital, at which a professional gentleman ought to instruct a certain number of women from estates to take care of those in childbed.

The want of such persons, nay, the cruelty which unfortunate women in labour must suffer from those under whose care they are placed, call aloud for such interference.

*May.*—Plentiful rains, and active vegetation during the month. Thermometer, in the mornings, about seventy-five degrees ; and at noon sometimes at eighty-six degrees.

A corresponding activity prevailed at that season of the year in animal and vegetable industry. Persons who were indolent, and not to be roused, were then actively employed from inclination. Health and spirits had taken the place of despondency, under obstinate and loathsome disease ; and it was pleasing to observe, that that month could not be distinguished by any prevalent sickness.

At a distance of at least twelve miles from my house, a negro dislocated the *os humeri* at the shoulder. The

day after he was sent to me, without any thing being done for it. He had suffered by the delay, for considerable rigidity of the muscles had taken place. The reduction was however attempted, and, after a good deal of trouble, accomplished. His arm was slung in an easy posture; and he desired to return to his home. He was interrogated whether any previous assistance had been got for him; to which he replied, that Dr —— had attempted the reduction in vain; but said he would call for that purpose the following day. The negro's master saw the inconsistency of such conduct; and forwarded the poor man with a note to me.

That instance of the sort of men who profess the practice of surgery and medicine in some situations, is one, of many others, that might be adduced, to shew the inhumanity and impolicy of not providing against such an evil by legislative enactment. The case alluded to is one wherein it was practicable to search for a remedy; but it may be easily conceived in how many circumstances of accident and disease, which are the lot of human beings, negroes and white persons may perish for want of skilful professional men.

That month impressed me with an opinion, that symptoms of uneasiness at stomach, occasional dyspnoea, and pain in the right side in myself, were likely to indicate an incipient liver disease.

Its predisposing sources are at all times in activity in that country; and, when aggravated by circumstances of mental depression, occasioned by the impoverished condition of the inhabitants upon whom our profession

depends for support, the existence of such an affection was too probable.

*June, July, and August.*—During these three months, had such desirable rains as to forward, in every respect, the best wishes of the planter. About the month of August, in general, those sicknesses peculiar to the fall of the year commenced.

In *William*, at Newhall estate, a negro, about eighteen, anasarca. Digitalis was used with great success, and he was cured. We were fortunate enough to get a book-keeper to attend particularly to its regular exhibition; and the result was satisfactory.

*Frank*, a negro at Hyde estate, middle aged, got ascites. The digitalis in tincture was freely used. The effect, by urine, was prodigious; and the man seemed to be so far recovered, that it was conceived he would very soon be completely free of the disease.

Mr R. at Knollis's estate, suffered a severe attack of phrenitis, by wantonly exposing himself to the sun, from Kingston homewards. He recovered by early attention; but if such an affection had been contracted at a season when malignant fever prevailed, the event might have been the reverse. Young men cannot be sufficiently warned against that irrational forwardness of exposing themselves unnecessarily,—of undergoing fatigues, to which their duty does not call them,—all under a confidence that constitutional strength would repel disease. Let reason gain her influence, and the assumption will certainly appear absurd. Such impres-



sions, under due controul, may have their use, but otherwise the effects are destructive.

Some cases of remittent bilious fever occurred that month; but no particular symptoms of malignancy accompanied them: they underwent the usual course, and recovered. In one case of obstinate irritability of the stomach, opiates, saline mixture, and cordials, were tried, but they failed; and the first relief was procured by operation of a large blister to the stomach.

Mr D. at Prospect, whose case has been formerly mentioned, had suffered on account of spiritous liquors, fell a victim to it; and reasons were afforded for believing that he had water in the ventricles of the brain.

*September and October.*—The weather, during these months, had been rainy; vegetation not so vigorous, but made greater than common progress at that time of the year; heat extremely oppressive; sea-breezes not so regular; but the health of the parish had not been much disturbed.

Mr M. at Knollis's, about four years in the country, got a violent attack of remittent, but had a favourable crisis about the ninth day.

Mr B. at Prospect, exposed himself very improperly to the sun, undertook long journies, fell in with uncomfortable beds, allowed a confined state of bowels to remain unrelieved, and had severe headache for three days, without the use of any remedy: a dose of medicine had then a partial effect only. On being called to

attend on him, I found an extremely aggravated case of *causus* or ardent fever. It was attempted to bring mercury into action on the system, but in vain; and no other remedy was omitted which could be suggested in such circumstances. On the fifth day he died.

Mr B.'s case was a painful one indeed. He was a promising and superior young man, who would have been an acquisition to his profession as a planter.

Mr B. (who has been formerly noticed) got a regular attack of gout in his foot, and was directed to keep it clothed in flannel; but he was inattentive to that admonition. Inflammation receded; and, in course of a day, he was seized with a severe affection in one of his kidneys. He remained in a distressing state for about eight hours; and, on my arrival, he was so ill as not to be able to describe his own case. His countenance was changed, and somewhat hippocratic. After some æther, julap, and an opiate, sinapisms to his extremities, &c. I had the parts pained cupped, and a large blister put on, warm fomentations applied, the bowels relieved, and urine promoted: for common drink, strong ginger-tea. When the blister rose, he got better; and, in course of the same day, gout came on in both feet.

*November and December.*—These months were generally cooler than they had been that year: thermometer, morning and evening, had seldom exceeded seventy-four degrees; north winds moderate; abundant rain.

As usual at that season of the year, a greater number of sick were to be found ; but it appeared we were better off than our neighbours in St Ann's ; for a medical gentleman from that place informed me, that, of all the medical practitioners of the parish, there was but one of them effective ; and remittent fevers of a troublesome nature prevailed very much.

Mr H. at Tulloch estate, was attended by me under his first attack of fever in the country ; and, after a severe illness, recovered. He unfortunately concealed a venereal affection, which he had neglected much, until it proceeded so far as to suppress urine ; and the bladder appeared to have ulcerations in it : a gangrenous state succeeded, and no medicine could have a healthy influence.

The dry belly-ache was a disease much more frequently met with in the West Indies than at present. The improved manner of clothing by flannel next the body has had a salutary effect in the preservation of health ; and fewer cases considerably do now occur of this destructive disease. The more common source of dry belly-ache consists in the unhealthy materials used in common drink, lime juice, and indifferent or very bad rum,—irregular hours,—night travelling,—hunting in marshy grounds and water after wild-fowl.

Mr M. at Tulloch, after disposing of a bet with many of his friends, allowed himself to continue costive for four or five days. During the latter part of which he appeared to suffer in a dreadful manner, from severe pains of a heavy dull nature over the whole bowels. The



mind appeared to be particularly oppressed under a sense of horror, which future experience acquainted me is an undeviating symptom of the dry belly-ache. His pulse was fuller and more frequent in general, but it varied very much, and, after fatigue from vomiting, it became lower and slower. In course of about three days before he got relieved, he was extremely exhausted by pain, vomiting, and the mental affection to which I have alluded. His reflecting moments were additionally distressing, owing to symptoms of paralysis in the lower limbs, and numbness of the hands.

To obviate spasm and compose the stomach were the material indications. Dry belly-ache cannot be relieved by the action of any laxative medicine, till we accomplish these. Our remedies, after attaining that purpose, naturally fall into use.

Opium is given in doses to the extent of three grains at a time ; and its effects are not more perceptible than we so often meet in tetanus : æther julap, saline mixture, effervescing, were occasionally administered : sometimes one or other, as promised better success.

Fomentations were using constantly to the bowels, on flannel, composed of the most emollient materials ; liniments, with opium, were rubbed over the abdomen ; enemas, likely to invite the natural action of the intestines, were frequently thrown up, composed of soap, oil, assafœtida, opium, and Glauber's salts. A blister was placed about the third day to the epigastrium ; and, after it had risen, the severity of symptoms began to subside, when pills, composed of calomel, aloes, and

a very small proportion of gamboge, with essential oil, were administered, and produced a full effect.

After being well a short time, he had recourse to the acid beverage and rum, as common drink. He relapsed into the complaint with more alarming appearances than before. His treatment was pretty similar; though the *semper viva*, or wild aloe, in a green state, applying the pulpy part to the abdomen, was either useful, or happened to be applied at a fortunate period; for soon after the bowels resumed their office, and he got well.

The sulphate of zinc solution, recommended by Dr Moseley, was prescribed with advantage.

That gentleman was by no means a habitual drinker; he was a socially-disposed man, who would wish to do as his friends when they met. That beverage is the more common fare at overseers' houses; and must of course remain the cause of disease, until they are moderately supplied with better ingredients.

Mr M'L. at Hyde estate, became a subject of remittent bilious fever, with severe headache, and increased determination of blood to the head. He contracted his illness, in all probability, by being sent to an adjoining mountain with a perverse obstinate mule to ride upon. It happened to be on an uncommonly warm day, to which he was exposed, without success, to urge the obstinate animal to proceed with him. In that contest he was engaged for upwards of four hours; got very much heated; and, in the evening, a cold and warm fit came on, which assumed the type of remittent. He

got through the disease after considerable danger, a crisis taking place about the eleventh day.

Considerate and just reflection should impress the minds of overseers with the impropriety of thus sporting with the lives of young men. God knows, the existing sources of disease, raised against the lives of new comers, are sufficient, without bringing them on, in circumstances of greater severity, by opposing them to mules, as Mr M'L. had been.

Many other cases of remittent occurred ; and two, reported to have in them blended symptoms of the malignant or yellow fever, terminated in death. But they were not under my care ; and I could not procure the details.

A negro woman was lost, at Byndless, on account of not having early and skilful attendance in labour.

Mr G. of an active spare habit of body, aged about thirty-three, had been accustomed to undergo great fatigue ; and, in circumstances where he ought to have been cautious, thought lightly of what prudence dictated. He contracted fever, at first remitting ; but it changed to a quotidian intermittent : the paroxysms were violent, but the intermission, for twelve or fifteen hours, was perfect. Opiates, on the approach of rigor, were useful in shortening fever, and eventually in subduing it. Mercurial purgatives were freely given, and bark poured in, when symptoms permitted. In about two weeks he went to the lowlands, where he recovered slowly ; but a multitude of boils broke out on different parts of his body, under which he got irregular at-



racks of fever ; but, in about six weeks more, he recovered.

*January 1805.*—The rivers had been very high, in consequence of heavy rain ; season of the year not so cold as usual ; north winds moderate.

The month had been more healthy than usual ; and its diseases more of the intermittent than remittent kind of fever. It is perhaps impossible to account for this better state of health in January of that year. To the Windward Islands a hurricane was experienced ; and it is alleged that, after such a phenomenon, the West Indies enjoy better health. On what *rationale* this is founded, I cannot attempt to offer an opinion.

On the approach of fever in new comers, it had been remarked that the symptoms were ushered in with considerable violence, which made me apprehend a disease of a critical and dangerous nature ; but they yielded more readily than expected to the usual treatment. When early assistance was called, and it was found that the circulation of blood determined particularly to the head, bleeding was successfully used.

The persons who were seized with intermitting fevers were those of older standing in the country ; but it seemed pretty obvious that the predisposing sources of intermittent, so far as weather was concerned, in those of longer residence in the West Indies, and the pre-disposing sources of remittent in new comers, were the same, acting on constitutions variously susceptible of its influence.

The negroes were a good deal affected by catarrhal complaints, which, in some instances, became pneumonic. But we were successful with the usual treatment, and lost none.

It is evident that the negro system is materially different from ours. It could not have escaped observation how diseases differ in the respective colours of white and black. Their attacks of fever are seldom severe; nor do they undergo any regular course, so far as plantation practice enabled me to judge.

*February.*—Weather extremely variable, with a good deal of rain; meridian heat very great; mornings and evenings cold. The parish had been healthy; negroes continued to have a disposition to pneumonic affections. No case, however, terminated unfavourably among those under my care.

In one very alarming case, that of *Flora* at Shenton, wherein repeated bleedings, and other powerful remedies, at length subdued local inflammation, fever ensued, attended by symptoms of considerable disposition to congestion in the lungs, when bleeding could be no longer resorted to. Digitalis was then used with considerable benefit.

*Chance*, a negro; her lower jaw broken by the kick of a mule. There are few accidents in which there is more difficulty to preserve the fractured ends of bone in a good situation to unite; and any instructions which the student can acquire on such a case are well worthy of attention. It did well.

In a case of complicated phthisis and hemoptysis, a negro wench was kept at work, instead of undergoing that treatment, and receiving those humane attentions, which it is always the wish of proprietors to secure to them, while indisposed. Hemoptysis, in the female, is not quite so alarming as in the male; for, in the former, where an irritable state of the lungs is constitutional, and if a disposition should exist to obstructed menses, it has been known that hemoptysis, or hematemesis, is occasioned. I promised myself advantage from treatment in the above case, in which the great indication would be attempted by fox-glove; but the overseer wanted labour; and, in these circumstances, we must not attempt to thwart the overseer's efforts.

Mr H. a young man, of corpulency, and exceedingly plethoric, had severe attacks of rheumatic gout. The gouty complication had been recently discovered. Under a severe attack of rheumatic fever, with oppression in breathing, he was bled freely, and relieved by it.

Mr H. a young man, recently arrived at Wallins. While I was on a visit there, he complained of languor, headache, pain of back, and slight fever. No time was lost in administering a brisk mercurial purgative. It operated in a desirable manner; and a diaphoretic succeeded its operation, when he felt himself quite well.

*March and April.*—The rains which fell in February were so abundant, that the soil continued to be well



saturated by moisture, and vegetation proceeded with vigour ; light showers these two months ; atmosphere temperate ; parish healthy, though north winds had generally prevailed.

The attention of the country had been engaged on account of apprehensions that a French fleet, committing depredations to windward, might have extended them to the island. It had been deemed a wise measure to place the country under martial law : The militia were put on permanent duty, at convenient distances ; the regular troops, brigaded with them, occupied the towns ; and, doubtless, a defence of a formidable description would have taken place, if an attempt had been made to land a force. But our naval power on the station was insignificant, and must have been protected by our land batteries. These great military preparations were best set at rest by the arrival of Admiral Cochrane from the Barbadoes station, in chase of the French fleet. All fears being therefore removed, our military splendour, so fascinating to many vastly unmilitary looking figures, then subsided.

*May.*—Dr Lundie of Spanish Town having died, an opening for practice there was put in my power by his surviving copartner, Dr Rennalls, on the recommendation of my friends, Messrs Blackburn, Cuthbert, Graham, &c.

To surrender a practice in which a man is established, should be determined on with much circumspection. It is an arduous task for a professional man to gain

general good opinion ; and, in entering on a new scene, that line of conduct has again to be renewed, which, it must be admitted, does not come within medical duty, strictly considered.

A very material objection to country practice is its unsatisfactory circumstances on many occasions,—its extreme labour,—the great expence in horse, stock, and carriages, necessary to conduct it with any comfort.

It had unfortunately happened that, after the first two years of my admission to practice in St Thomas in the Vale, produce had fallen much ; and the planter was consequently reduced to a state of privation, which disabled him from payment of accounts contracted against his property. These misfortunes had fallen with particular severity on those who, in tolerable times, would have paid off encumbrances in settling coffee plantations ; and would thereafter have gone on with a degree of independence, if accompanied by sobriety, industry, and common prudence ; but that useful description of persons were unsupported,—their properties were of no value,—and their negroes were brought to public vendue, where they were sometimes sold to the more opulent sugar-planter much below value.

The sugar-planter did participate in these sufferings ; and, unless those of large capital, and who sent first-rate produce to market, many were ruined, or nearly so ; and they were unable to pay the contingencies against their properties.

The consequences proceeding from such an existing state of things were not limited to planters. Those

in their employment, though in receipt of their salaries, seldom paid for past attendance by a medical man; nay, often evaded it, by secret removal from the parish.

God and the Doctor we do both adore,  
Just on the brink of danger,—not before.  
The danger o'er, both are alike requited,  
God is forgotten, and the Doctor slighted.

Such a combination of adverse circumstances, added to the heavy sum engaged to pay to Dr Clarke, involved me in unexpected difficulty. The expences of a family were heavily felt; those of carrying on business, must be always met by cash payments; and the proceeds, scarcely exceeding eleven hundred pounds *per annum*, were considerably in outstanding debts.

Some hints to my much valued friend, Mr Graham, a few months before, though not noticed by me at the time, made an impression on his mind; and he did not forget what I then stated, without the most distant hope of its leading to what had happened. Inostentatious friendship, such as that, is deserving of that sacred name; for Mr Graham having the disposal of some patronage, my name was proposed to Dr Rennalls by the gentleman I mentioned; and the copartnership was arranged with little difficulty, by my paying in to Dr Rennalls, for stock in hand, and a farther sum, to the extent of four or five hundred pounds in all.

My friends of St Thomas in the Vale secured to me from my successors about seven hundred and fifty pounds, being one hundred and fifty pounds less than I gave to Dr Clarke.



No circumstance cramped me so much in my exertions as that premium which I engaged to pay Dr Clarke. To such an extent was it so, that it would be my serious recommendation to adventurers not to engage in the like, unless they have, in property of their own, the whole, or a great proportion, to pay down. It is much better to wait with some patience, serving as an assistant with a practitioner of reputation and respectability, until he finds it his interest to improve his circumstances, or that his merit has come within the notice of attornies, proprietors, and overseers.

These remarks, though not strictly professional, may be of service to the inexperienced; and, if they should prove so, are certainly worthy of a place here.

I shall close them, with an admonition never to permit accounts to lie over unsettled after the 1st of August of each year, either by money payments, notes, or bonds. The bonds of friendship will be better tied; and all disputes about items of accounts will be thus done away.

It may be asked, from whence arises this opinion? To which I reply, that, of a considerable sum due to me in Jamaica, two-thirds of the amount would be accepted for the concern, in compensation of all demands, even less, to have transactions with that country at an end. This is the consequence of indulgence: Accommodations to alleviate distress, requited sometimes by denial of all knowledge of the debt. Such was the grati-

tude often discovered to proceed from procrastination of settlements before 1812!

*May.*—Weather rather dry that month, until about its conclusion, when plenty of rain fell. The island throughout had been healthy. A more respirable air is felt in Spanish Town than in St Thomas in the Vale: the morning fogs conveyed a feeling of difficult breathing, which I did not experience there. A very sudden transition takes place in St Thomas in the Vale, when the morning fogs pass away, and a burning sun succeeds, in general without any breeze, and in a dry state of the skin. In Spanish Town the change is progressive; and feverish feelings are not of a nature so aggravated; the sea breeze is likewise felt at an earlier period; indeed, we have it often in Spanish Town, when it cannot find its way to the walks.

Spanish Town has many disadvantages. It is situated in the midst of marshy grounds; in clayey soils, which imbibe little moisture, and leave considerable pools of water to lie stagnant, subject to those operations of heat which turn it into sources of ill health. Such is that ground which includes the Race Course, to the Angel's penn, from thence to Spanish Town, the vicinity of the river course, about Brookes' ford, to the bridge, including Mr Hinchliffe's penn, where it has been but too truly remarked that whites suffered particularly from sickness. From the Race Course to Salt Ponds there is a great deal of marsh and selina,

which in some degree must impregnate the sea breezes before they are enjoyed at Spanish Town.

In considering relative situations, healthy and unhealthy, it is of importance to say something of those best calculated, by local circumstances, to preserve the health of Europeans not seasoned to the country.

It is not uncommon to send young men, lately arrived, to St Thomas in the Vale to be seasoned. A sugar estate is sometimes chosen, such as Wallins, where heat to as great a degree nearly is met with as in Spanish Town; but I consider the maggoty side of the walks, the lowland part of them, ill adapted to that purpose. If a selection is to be chosen in St Thomas in the Vale, Rio Magno penn, Williamsfield estate, Pear Tree Grove, Phillipsburgh, and a few others, appear to be the most healthy.

On my recent removal to Spanish Town, it would be premature to offer any remarks on the manner of conducting medical practice, so shortly after my arrival there. It is likely that more attention can be rendered to patients, when necessary; and, though not far extended beyond town, the number of persons under our care must be considerable. The intention of these remarks will be consequently better fulfilled, and important duties performed, in a more satisfactory manner to our feelings.

Martial law was again put on, in consequence of intelligence that a French fleet, of eighteen sail of the line, had arrived at Martinique with troops. Preparations were made, by our Lieutenant-Governor Nugent,



to give them a suitable reception. And the militia of the island had been placed in an effective state; which augured well of them, should any exigency occur to call for their services.

The name of a Frenchman is hateful to negroes; they hold them in terror and detestation. Negroes do not consider them worthy of that respect due to *Buckra*, or white men.

The inconvenience and expence of martial law are immense; and nothing can justify the measure but great necessity. All field labour is carried on imperfectly, for the whites must be out on militia duty. They are paid who stand in the ranks, but officers act gratuitously. The courts of law are suspended; and, in general, an embargo on shipping continues until martial law is taken off.

*June.*—Heavy rain during the month, which rendered the rivers sometimes impassable. Martial law terminated at twelve o'clock on the night of the 23d. The militia and regulars suffered much by being crowded in unpleasant and unhealthy quarters; such was Bog Walk, St Thomas in the Vale, a low marshy situation, where the men had not a comfortable place to lie in. Bowel complaints and dysentery increased among the men; and had it been insisted on to remain there much longer, it would have been a scene of disease and desolation.

For a continuance, it is deserving of the Commander in Chief's notice to place troops in situations where they may be preserved in an effective state; for assured-

ly they must become sickly at such a place as Bog Walk. Seven Mile Walk would be better, or Shenton Lower Works, and some other estates in the neighbourhood, from whence the whole might be collected at a place of rendezvous, by signal, in fifteen minutes.

In pneumonic cases, where local affections continued unrelieved by venesection, blistering, calomel, &c. had been freely used, in combination with squill, &c. to produce ptyalism, and with very happy effects.

The case of Miss D. was complicated hypochondriasis and hysteria, in an extremely irritable constitution. She indulged in excessive fits of passion, and reduced herself considerably. She was treated by valerian, assafoetida, æther, &c.

It has been stated by Dr Heberden, that hypochondriasis in the male, and hysteria in the female, are very similar. They may depend on remote causes, nearly the same; but symptoms of aggravation may be referred more particularly to hysteria. The paroxysm exhausts itself. In hypochondriasis, there is a greater uniformity of distress; but our modern beaux think nothing of saying they are hysterical, without considering the etymology of the word as peculiarly applicable to a disease exclusively female. But the worthy Doctor did not live long enough to hear this refinement on the diseases of our modern youth.

*July.*—We had little rain here, but towards the north in great abundance; heat extremely oppressive

during the latter part of the month. Vegetation lively. Few diseases occurred.

Remittent fevers more common in domestic than in field negroes; at least several cases occurred since my arrival, where a favourable crisis more commonly took place about the ninth day. In St Thomas in the Vale, it was a very rare occurrence.

From what has been hitherto observed, it may be already familiar to the reader, that immense secretion of bile in whites, is not peculiar to negroes in general; though their dissipated habits, excessive use of spirits, when they can be procured by theft or purchase, prove a source for the formation of hepatic disease.

Miss A. B.'s was a complicated case of worms, with fever of a remittent type. Fever is sometimes symptomatic of worms; and I believe that the severity of it was influenced by such a complication. Calomel, with prepared chalk, antimonials, and other powerful vermifuge remedies, were used. A crisis of a favourable nature came on the ninth day.

Several cases of fever in negroes run a course, with very little remission, until the ninth day.

Mr R.'s *Jack* had his elbow-joint much shattered by an accident. His arm was amputated near the shoulder-joint. The vessels which ought to be taken up receded from the surface; and it was with considerable difficulty that, by means of a forceps, they were at length secured. In a few hours after, it was discovered that blood proceeded from the stump. It



was opened up ; and, by means of a tenaculum, pulling forward the vessel, it was effectually stopped. The case afterwards did well.

The habits of Spanish Town are unlike those of the country ; and, in my opinion, those of the latter are much more desirable. This preference it is intended to adduce in respect to females, who are abominably cooped up in their houses, with little exercise, unless when they get into carriages. Such habits subject females in that country to diseases which, in all probability, they would otherwise avoid. Their peculiarities of constitution are such, that it is conceived fevers, to which the other sex are liable, would in them occur under a milder type. The reverse, however, is the result of observation ; and to no other cause can it be attributed but their sedentary habits.

Bodily exercise in that country, though properly under the controul of circumstances which point out the prudence of circumscribing it, may be indulged in to a certain extent with advantage to health. To lounge in the house, yielding to habits which are too easily formed, is the most inimical to health of any thing that can be imagined. Household affairs are becoming ; and, in occupying the mind, this concern is praiseworthy ; but more must be done with a view to preserve health.

*August.*—Weather excessively warm, with abundant rain ; vegetation vigorous ; much lightning and thunder.

The regular succession of rainy seasons at the expect-

ed periods had been particularly remarked that year; and to that circumstance may we in a great degree attribute the better state of health which prevailed throughout. In the active stage of vegetation only can rainy weather prove healthy.

In a case of remittent (Mr D.), accompanied by the usual bilious symptoms, it underwent the following course. Slight remission on the third day; on the fifth, it was more distinct; after that, fever continued till the seventh, when his gums were a little sore, and there was considerable abatement; but intermission was not distinct till the ninth day.

*First day.*—J. C. D.'s *Gorge*, aged about thirty-five, after receiving a blow on the right side of the lower jaw, fell into fits, which continued for several hours with little intermission. Pulse natural; much agitated in his appearance; and complained of headache.

*Second.*—Passed a good night; pulse quicker; took about a pint of blood from his arm. Begged to be excused from applying a blister last night to the nape of his neck.

*Third.*—On the preceding evening his pulse was much reduced, and intermitted frequently, only about forty-eight in a minute. A blister was applied between the shoulders in the morning. A dose of salts had operated moderately; but no other symptoms than that of the pulse indicated danger.

*In the evening*, blister rose well; in a profuse perspiration; pulse sixty, and more regular.

*Fourth day.*—Appeared generally well ; pulse fifty-six, firm, and regular ; he continued well ; and that state of his pulse was constitutional. On inquiry, it was found that the introduction of the above complaints was from excessive drinking ; and his fits feigned.

The case is introduced here, as an instance of peculiarity in the pulse ; which, though extraordinary, cannot, on such occasions, be considered in the light of disease. It has been unfortunately, to my knowledge, too often treated as such ; though many persons are known to me who have pulses more frequent and slower than the standard usually conceived regular, but are, notwithstanding, in the enjoyment of health.

Such an avowal by no means precludes the necessary inquiries, when we meet with peculiarities of the kind mentioned. Judicious inquiry will often lead to a cause morbidly influencing the action of the heart and arteries ; and an opportunity will be thus afforded to obviate disease. But let it not be advanced, that an intermitting pulse must be necessarily connected with morbid affections ; and if its source cannot be discovered, we must act with vigour, on the possibility of certain causes of disease existing ; subjecting patients, by fallacious decisions, to a course of medicine which undermine the constitution, and engender affections that probably would otherwise be strangers to them.

A case of fever in a young girl, complicated with worms, was attended by unusual torpid tendency of the stomach and bowels. Calomel was taken to a



great extent, combined with antimonial powder; but motions were seldom procured without the assistance of senna infusion. While fever was present, the inactive state of the bowels continued; but when a change was approaching to remission, they spontaneously resumed their duties with little assistance.

In the progress of fever, that defective action of the intestines is almost universal; and, in general, should be obviated by active medicine, of which *formulae* have been already given for extreme cases; but, in common, the calomel, julap, and antimonial pills, are safe. Where they do not answer the desired purpose, aloes may be used in place of julap and antimonial powder; and, in still more urgent cases, the laxative pill, with a little gamboge.

It had been observed in many cases, that though all other symptoms of fever disappeared, the pulse retained a frequency amounting to the febrile state; which, to an inattentive observer, would still have dictated the necessity of febrifuge remedies. I have watched such cases more particularly, and been attentive to prevent the use of any thing that might tend to disturb the salutary operations going on; and it has been found that they gradually subsided. It is scarcely necessary to point out the combined symptoms of convalescence, to oppose any unfavourable prognosis that may be formed, on account of the frequency of pulse continuing; and it is left to that discernment which belongs to every judicious practitioner to distinguish, and to regulate his measures accordingly.

Mr M.'s daughter, about eighteen months, of a weakly constitution, extremely dyspeptic, apparently owing to the formation of crude acid secretions of the stomach; worms of the teres kind had been vomited several times, and passed by the bowels; irregular accessions of fever, complicated with these, reduced the child very much.

She had been treated by a greater quantity of medicine than ought to be given to children, in my opinion; but the indulgences which are permitted in their feeding, are so inconsistent with the dictates of nature, and their stomachs made the vehicle of compounds fitted to produce disease only, that it is surprising how children can exist under such parents. Animal food is freely given; fruits *ad libitum*; a variety of sweetmeat preparations, &c.; bodily cleanliness often meets with little attention; air and exercise seldom thought of.

Rearing of children is an uncertain undertaking in that country; and a greater proportion die in infancy than in Britain. Those who do survive are very forward in the earlier years of life, and remarked for vivacity and intelligence; but, about the age of five years, they are observed to decline both in bodily health and in those engaging attractions peculiar to their time of life. When parents can afford it, they are sent for education to Britain, where a probability is held out that the purposes of laying the foundation of a good constitution are also secured.

Mrs P.'s *William* inherited from his parents a flabby and unhealthy appearance; was about eleven years of

age; he had bilious vomitings, dyspepsia, and fever. That boy took laxatives to a great extent. To effect their purposes, a dram of julap had been given in twelve hours, and no operation by stool ensued, nor did he vomit it. Calomel was so often repeated, that we did not exactly ascertain the quantity within a certain period; but it was considerable; and worms of the teres kind were removed by it. The boy underwent a course of fever of nine days duration, and made a recovery.

A gentleman in Spanish Town had three negro children in hooping-cough. We were called to one of them when scarcely able to breathe. Oppression, proceeding from sense of tightness, particularly under the *cartilago en si formis*, was so far gone, that it defied any attempts to relieve it; and death was the consequence. Another little one lay in the same house, in a room where there was no admission to good respirable air. It had been ill about three weeks; and likewise died. It was in the first case urged, that removal for change of air was adviseable; but the measure was not approved of; and these children were probably sacrificed. A third was yet ill, under very unpromising circumstances; but they were wise enough to send that one to Salt Gut, a sea side situation, where he got better daily.

These are strong circumstances; and the latter case, in favour of change of air, corroborates the expediency of that measure in all cases of hooping-cough.

Mr J.'s case of remittent fever, where the head was severely affected with increased secretion of vitiated bile; a blister between his shoulders relieved the head; and



a perfect intermission came on between the ninth and tenth day.

———'s case is introduced with some reluctance ; but as it is expected that the melancholy instances, brought forward in these memoirs, may produce a feeling more horrible than before at such depravity, it must be observed, that this was a gentleman at one time distinguished for his hospitality and pleasantry ; his company sought after by the most respectable individuals of the island ; he was fond of society ; and many bore testimony to the goodness of his heart.

That unlucky disposition to excessive drinking gained ground ; and he yielded to it. He was deserted by his friends, despised, and shunned, which he could not help discovering during his short intervals of reason. Dreadful, indeed, and reproachful in the extreme to the feeble remains of an ingenuous mind ; but, strange to say, it is a rare occurrence to find that this species of human depravity is ever forsaken, till death, so desirable to the miserable individual, and more particularly to friends involved in his shame, at length calls him from that scene which he has disgraced.

The gentleman alluded to, being possessed by nature of a healthy constitution, wore out a considerable time, till he became offensive to himself, and disgusting to all to whom he attempted an approach. He died insane.

An individual, highly and deservedly respected, had unfortunately yielded to ebriety, and was for some time considered notorious in that state. His conduct befitted such

habits : he made himself often ridiculous ; but, on one occasion in particular, ran naked into the streets, where he was guilty of many excesses. A sudden impression powerfully conveyed to him a horror at his own conduct ; he withdrew to his house ; and has been ever since an exemplary, respectable, and eminently useful character.

An old man, who had for many years occasionally submitted himself to the excessive use of spirits, and had nearly reached his seventieth year, without reforming his habits, was walking near his own door, where he witnessed a woman lying in a dreadful state of intoxication, exposing herself in a most indecent manner. He fortunately happened to be sober. He was a man of rational feeling and considerable talent. The circumstance shocked him extremely ; and his understanding candidly applied to himself the degraded condition of human nature in yielding to such habits. He gave way to the exercise of a rational turn of mind ; and was never after seen in a state which approached to drunkenness.

When this brutal vice is acquired by the female, though we may feel disgusted at it in the male, it becomes additionally so when extended to that sex. An instance was presented in the case of one of our patients. She was fortunately making out the work of destruction, and could not last long.

Leucorrhœa is not often a disease of youth ; but, in a girl of rather more than five years, the complaint made its appearance, accompanied by inflammation of the parts.

The discharge was sometimes mixed with streaks of blood and much pain accompanied the emission of urine. A saturnine solution, of moderate strength, syringed into the vagina, tonics, such as bark, with oxyde of iron, an opiate occasionally, and cooling laxatives, subdued the complaint in a few weeks.

A brown lady, from St Thomas in the Vale, came to the neighbourhood for change of air, in a jaundiced state, and complained that she was subject to returns of fever. The history she delivered of her own case gave reason to believe that laxative medicines had been too much omitted. She was consequently subjected to them; and they had a desirable effect. When their objects were fully accomplished, colomba infusion, bark, and other tonics, were tried with considerable advantage. Exercise was not omitted.

Though the distance between St Thomas in the Vale and Spanish Town is not more than eleven miles, it is astonishing to observe that, in climates varying so little, so great improvement is produced on health. Change of air, if even to a climate less healthy, is beneficial. This must be admitted; but it is obvious that a change of this nature cannot have such permanent advantages. We should, therefore, if possible, resort to a climate of a more healthy character.

The island affords a diversity of temperature of the greatest advantage to the inhabitants; and a change may be either adapted to that warmth required in an exhausted constitution, or to that which requires



a cooler atmosphere, in the recently arrived European.

*September.*—Several heavy falls of rain; temperature exceedingly variable; sometimes heat almost intolerable, attended by peculiar closeness of atmosphere; wind at times rather squally, but no material injury had been sustained in consequence.

In such weather, and at the fall of the year, an increase of disease may be apprehended, particularly in a town by no means healthy, from local circumstances; but we had not met with much sickness which appeared to be produced by the season of the year.

A case of hemorrhoids occurred in a gentleman of high respectability, accompanied by a tendency to *prolapsus* of the *anus*. His constitution was naturally irritable,—his bowels were often disposed to get irregular,—and he was a smoker of tobacco to excess, which seldom fails to bring their functions into an unhealthy state. He unluckily set to work to quack himself. Improper applications were made to the parts,—medicines administered internally, without medical advice, produced severe griping, and brought the system into a state of danger. Anorexia, vomiting, and prostration of strength, from an ill-timed attempt to repel hemorrhoids, gave reasons for alarm. These were succeeded by an obstinate torpor of the intestines, extreme pain, fever, *subsultus tendinum*, and *singultus*, varying in their severity for about twelve days.

The treatment was conducted by emptying the bowels as early as possible ; and several aperient remedies were used, before any effect was produced. Purgatives of the milder sort were first attempted ; but, after several days trial, no desirable operation was produced, until an emulsion, prepared of castor oil, was administered. Dr Skene, when called in, recommended an open state of the bowels, with due regard to strength ; and as they were subject to many changes, sometimes too open, at other times the reverse, a decoction of simarouba was advised. Opiates did not seem to be approved of ; but fomentations of camomile decoction were preferred by Dr Skene to the use of astringent applications, which he conceived, but too truly in that case, had a tendency to transfer the disease farther up the intestines. Several circumstances in its progress afforded reason to believe that that had actually occurred. Starch enemata, with opium, were permitted, when local irritation was severely felt. By considerable care, and attention to any changes in this case, and introducing tonics, when his irritable system would admit, he made a tolerable recovery in a few weeks.

Mr F. E. a gentleman of about twenty-five, rather of a spare habit, had been above five years in the island, and without undergoing any material indisposition. He was seized with symptoms of fever, which assumed a violent malignant type. The difficulty to get medicine of the most powerful nature to act effectually on the bowels was peculiarly remarked in his case. Powerful senna infusion, combined with other laxative ma-

terials, were called in aid, and glysters to assist them. At last, however, they were effectual, and carried off prodigious accumulations of offensive vitiated bile and fæces. On the sixth day, ptyalism was discovered; and though previously there were many indications of danger, on that (a stage of fever by no means usual for remission), a favourable crisis took place. Between the sixth and ninth day, he had two slight accessions of fever. The presence of soreness in the gums made us feel easy concerning the event; and, besides, the symptoms accompanying them did not give room for alarm.

*October.*—Very unpleasant weather throughout the month; rains heavy; the little dry weather we had was sultry and oppressive; a good deal of high wind, with occasional threatening appearances of storms. Such had been the severity of rains over the island, that houses were carried away, particularly at Montego Bay.

The inclemency of the season had probably been the source of many cases of pneumonia, fever, &c. Land winds had not prevailed so much as might have been expected at that time of the year. The sea-breezes, therefore, had their salutary influence in the midst of circumstances otherwise adverse to health.

A young man, about twenty-two, Mr R. contracted a bubo in each groin. After he had gonorrhœa cured, they increased in size. It was thought adviseable to use mercurial frictions, and pills internally: his gums



were soon affected ; but the tumours, instead of subsiding, increased.

At Ellis's Caymanas, an unhealthy situation, from being almost surrounded by marsh and selina, Mr —— got regular ague accessions about the same hour every day. He took his prescriptions well ; but all was in vain, while he remained in that situation, where the intermittent formed. He therefore removed to Spanish Town, and had not a paroxysm after.

A boy, about ten years of age, had been much neglected under fever of the remittent kind. Our assistance was called in about the fourth day, when he appeared to be sinking under the disease. His pulse had no distinct character ; it felt like a vibrating stream running feebly ; his skin was deeply tinged of a yellow colour ; senses almost entirely obscured ; stertorous breathing ; clammy, cold, and partial sweats.

Though little hope could be entertained in such a case, a blister was immediately placed between his shoulders ; stimulating frictions were used over the body ; sinapisms, with capsicum, to various parts. Such medicines and sustenance were given internally as to rouse the vital energy. Very unexpectedly we succeeded in bringing him to recovery. Though his appetite, digestion, and other healthy diagnostics, went on better for some time, his pulse was never less than one hundred. And when our attendance was no longer necessary, its standard was very little reduced.

Mr —— a young man about twenty-six, of parents and connexions who had many of them died sud-

denly, had formed melancholy presages that he would not live long. He was excessively hypochondriac; conceived himself often ill, when in perfect health, but was sometimes subject to gouty paroxysms.

During one night, he was heard to cry out loudly and lamentably of apprehensions of immediate death. His mother and friends hastened to his assistance; he held his wrist to them; he said he did not feel any pulsation in it. Dr Rennalls was called to him; and he could not discover any cause of alarm. His mind was in some measure restored to a tranquil state by Dr Rennalls' assurances; and an anodyne was administered. In the morning I was requested to see him; and took pains to find out whether the alarm could have any other cause than that proceeding from a disordered mind. Dr Rennalls' opinion and mine coincided. He was laughed out of his inconsistency; and resumed his usual occupation of a shopkeeper.

That man lived, for two or three years after, in a manner by no means creditable, during which his mind was in a depraved condition; and he died, at last, in a state of nervous debility, complicated with gout.

Mr C.'s *John* was a case of hepatitis, which commenced with pain under the *cartilago en si formis*, extending to the right side, fullness in these parts, and obscure uneasiness on pressure. The other diagnostics of acute hepatitis were present. We were called to him when in a state of syncope, out of which he was soon recovered. He was then subjected to a copious bleeding, and bore it well; purgatives administered,

and a blister placed to the seat of pain. Mercury, by friction and internally, was used, 'till his gums got sore ; and he experienced the relief expected from such a course.

Some observations are introduced, the object of which is to make a distinction between cases of pneumonia; which, from circumstances of danger, require the introduction of *mêrcury* to bring on ptyalism, and those which, on account of not existing in such critical circumstances, do not point out the expediency of subjecting the patient to a course so unpleasant, if unnecessary to the cure of the disease.

It happens, not unfrequently, when inflamatory symptoms in pneumonia are subdued by bleeding, purgatives, blistering, diaphoretics, &c. that considerable febrile diathesis indicates the necessity of vigorous remedies ; and though those in general use may be assumed, it is, on most occasions, adviseable to introduce calomel, combined with camphor, and sometimes antimonial powder, to produce soreness of the gums. Mercurial frictions are also adviseable ; and we frequently find that, with their gentle effects on the gums, a change will concur of a favourable nature.

*Louisa*, a negro wench, of unhealthy and rickety appearance, eight months pregnant, was seized with fits, which continued, at different intervals, for three or four days. She previously had pains somewhat similar to labour ; but, after the accession of the fits, these went off.

By the accounts given of her, she had been much



neglected by her proprietor. She was passing stools and urine in bed ; refused nourishment ; yet nature was not inactive. Pains came on ; in about twelve hours she was delivered of a dead child ; and the labour was in every respect accomplished. The unfortunate creature made a slow recovery.

The above case affords an example how necessary it is to have legislative interposition to secure due attendance to negroes. That poor woman was conceived to be undeserving of the expence of medical aid ; and though, on her being taken ill, a visit was required, the subsequent attendance was given contrary to the desire of her owner.

*November.*—After a succession of rains, enjoyed dry weather ; mornings and evenings extremely cold, the former particularly so ; in the day time very hot, with a dry parching north breeze.

The season of the year, as usual, predisposed to disease ; and the cases of indisposition were numerous ; indeed, more so than I had met with since my arrival in that country.

Miss S. M. was under our care, with *cynanche maligna*, or putrid sore throat. It continued in an alarming state for about three weeks, when a favourable change succeeded, and she made a slow recovery. Her treatment consisted in the free use of mercurial remedies, as evacuant, and with the view of affecting the system. The capsicum gargle is always resorted to in such cases, to separate the healthy from unsound parts,

and to excite favourable action in them ; but its powers were so extended, that it was necessarily omitted for various periods, and resumed again. It is certainly a powerful and excellent application. Capsicum was also administered internally, combined with camphor, and other vehicles ; and, in removing that torpor to which there is so great a tendency there, it contributed to answer its intentions. It is scarcely necessary to add, that bark was introduced freely, whenever circumstances admitted. These form the principle articles in the treatment of the case. Though a large quantity of calomel was introduced, the gums were not affected by it.

A. J. a free black man, aged about forty-five, a bricklayer and mason, of extremely decent habits, and no reason to suspect him to be guilty of improper excesses, contracted febrile symptoms from exposure to the cold norths. After the usual evacuations, he got a remission ; but sense of increased heat in the bowels, or, as these people expressively enough describe it, the inward fever, his pains had not abated, and he had occasional rigors. Had been unluckily prevailed on to take bark in substance ; and, after several doses, considerable inconvenience was felt from it. Increased fever succeeded, and of those pains which had been so much relieved previously. His bowels were made uneasy ; the assistance of emollient enemas and purgatives were necessary before he got relieved.

Mr J.'s case appeared to be a fever, proceeding from rheumatism, which assumed no type indicating remittent. In it bark was not again prescribed ; and

the man got well, by treating it as rheumatism, occasioned by exposure to cold, where the accustomed healthy excretions by the surface were suppressed.

Mr R. whose case was noticed before, had a smart attack of fever on the 21<sup>st</sup>, and complained of much oppression at stomach, and along the right side, occasioning laborious breathing and great languor, sighing, &c. The swellings of his groin continued; one of them of considerable size and hardness, the other not so large, but stationary for some time. These had been treated by mercurial frictions; and an affection of his gums supervened.

He had no fever before in the country; and had been recently out spending the evening, when he exposed himself a good deal to the cold damp norths which prevailed. Had not been perfectly well from that time; took a laxative, and an anodyne diaphoretic draught ordered for him at night. No fever.

23<sup>d</sup>.—Much as the day before; stomach exceedingly irritable; and he vomited bile sometimes. Took bark freely; and it seemed rather to obviate vomiting. Belly open; an opiate at night.

24<sup>th</sup>.—Vomiting occasionally; had no fever, but he became very low with cold clammy sweats; which were removed by administering camphorated julap with æther. Had taken calomel and julap pills, to obviate costiveness; but enemas were necessary to promote their effects. A blister placed between his shoulders.

25<sup>th</sup>.—Uneasiness of his side better, and breathing more natural; about noon, vomiting returned; took



two grains opium. Bark decoction, prepared with cinnamon and æther, taken. The swellings in both groins receded altogether; he became excessively restless, the least movement bringing on irritability of the stomach. In the evening, as he was no better, an aromatic blistering plaster was put to the stomach. His bowels were open; but, with a view to compose irritability of stomach, starch enemas, with fifty drops laudanum, were administered every third or fourth hour. Tongue dark, and rather dry; thirst moderate; skin dry; pulse about eighty-five, small, and irregular.

26th.—Retained the enema for several hours; had a very bad night; tongue foul, dark, dry, and parched; frequent retchings, which brought up his drink only; pulse much as the day before, but weaker. Some of his common drink had a little pure æther mixed with it; but he complained of a burning sensation, occasioned by it, which he could not bear. The opium pill, of two grains, was repeated; effervescing mixture was frequently taken, on account of retching. Bark enemas, with laudanum, as before, were repeated every third hour. In the evening, stomach more composed; bark glysters retained; there were three in his bowels, and at ten o'clock another became due, each containing two drams of bark.

27th.—Passed a tolerably quiet night; had a good deal of hiccup; his pulse in a tranquil and natural state; no stool till the morning, when four enemas were passed with little fæces. He breathed easier. His

skin had a natural feel; tongue still foul; vessels of the eye turgid and yellow; dirty looking streaks from the ears down the neck had appeared more particularly. Two days before they were slightly marked; said he had no headache; soreness of his gums went off three days before. The enemata, camphorated julap, with tincture of opium, continued, and to be increased as symptoms directed.

*At noon.*—Comatose disposition came on more frequently; hiccup not so severe; bled a little from the nose; pulse about seventy-two, and feeble; skin rather inclined to coldness. In the evening, his pulse small, ninety-six in a minute, and easily compressed; countenance much changed; yellow appearance increased; skin dry; extremities cold; spoke indistinctly; deglutition easy; breathing stertorous, and very laborious. Took some soup, and retained it; at times brandy, mixed and mulled, was likewise taken.

*28th.*—Every unfavourable symptom; worse in the night; and he died about four in the morning.

Mr R.'s case is one which gives room for comment; and uncommon circumstances attended it.

That fever, under many of those characteristics which distinguish the malignant or yellow fever, should occur in a person under the immediate effects of mercury, is rare; for it has been supposed that, by keeping up the action of mercury on the system, the violence of malignant fever may be obviated.

The presence of a swelling in each groin, at the time of febrile accession, one of which was nearly ap-

proaching to formation of matter, retired soon after fever; and it may be remarked, that the alarming nature of disease was posterior to that circumstance. The effect of mercury, which was in full force on the approach of fever, soon disappeared, though calomel, combined with laxatives, were administered.

The fever seems to have consisted of one paroxysm only; at least his pulse was not afterwards influenced by any febrile state, producing increased frequency. This approaches more to the diagnostics of pure yellow fever; for, in it, the paroxysm lasts from thirty-six to forty-eight or sixty hours only. In the present case, it might have been about thirty-six hours.

The febrile paroxysm being ended, it is unusual for the patient to continue so long as Mr R. did, without an event to the disease. We know that the action of mercury generally arrests the progress of the West India remittent fever. That the system was partially under its influence is probable; but not sufficiently to arrest, in a salutary manner, its destructive effects. In the plague, I believe it is the practice to lay open inguinal swellings, before we would, in this country, generally consider them in a fit state to do so, and to promote plentiful suppuration from them. That these buboes receding was an unfavourable circumstance in this case cannot be doubted; and the protracted event, so unusual in malignant fever, seems to have been the result of modified disease, in consequence of the action of mercury on the system.

The following is a case which occurred several years



since. A personage of robust constitution, probably exceeding fifty years of age, and first fever in the West Indies.

Tuesday, Wednesday, and Thursday, E. B. complained much, and was very feverish. On Wednesday, took some purging pills, composed of calomel and julep. They operated rather severely; and on Thursday complained of a soreness in his gums and mouth, and had a dark coloured eruption appearing about his lips. However, he felt better than he did on Wednesday, and took two or three tea spoonfuls of tincture of bark and snake-root; bathed his feet in warm water at night; and took warm sangree at bed-time, as he had also done on Wednesday. On Friday morning he was pretty well, having slept tolerably, and perspired freely; but about ten A. M. he was seized with a pretty smart fever, which continued all day, with a considerable degree of nausea, thirst, and restlessness. He was ordered some decoction of bark with Mindererus spirit, every two hours, but could not retain it. In the evening the fever abated a little: he was ordered six grains calomel, and four of camphor, in two pills, every hour, with a little of the decoction after each dose. He took several times of his pills; but could not be prevailed on to take much of the decoction. Had two or three loose brown stools; on which account, twenty drops of laudanum were given twice, and one dram of laudanum added to a pint and a half of his decoction. The fever continued all Friday night, but began to abate before day on Saturday morning; and, during the whole

of Saturday, he had a perfect remission of fever. The bark was attempted in almost every form, but without success, as it would not remain on his stomach; and his objection to it became extremely great. He had, however, taken, since Friday evening, sixteen of his pills, containing forty-eight grains of calomel; and his stomach being so irritable to the bark, it was given by enema, one ounce in five ounces of water, with one dram thebaic tincture. Of these he took three, from Saturday evening to Sunday morning. In the night, he became hot and restless, and passed the bark glysters; his stools very fetid and watery. On Sunday, at ten A. M. administered twelve grains calomel. He vomited bile soon after; but the calomel was retained. Drank a whole bottle of cyder of his own accord.

Sunday, half past eleven A. M. took twelve grains calomel without vomiting.

At one P. M. six grains, but vomited immediately.

A quarter past one, had a loose stool, mostly bark.

Half past one, a pretty copious fetid loose stool.

Twenty-five minutes past two, took twelve grains calomel, and drank some beef-tea.

At three, a stool, copious, watery, and very fetid.

At four, vomited twice, and had another stool, of much the same description.

Twenty-five minutes past four, took forty-five drops of laudanum.

Twenty-five minutes past five, took twenty-four grains calomel; vomited, but retained the powder.

Half past seven, dark, fetid, thin stool; at three

quarters past seven, began to rub with mercurial ointment.

Three quarters past eight o'clock P. M. took twenty-four grains calomel, and twenty-five drops of laudanum: chicken broth. At ten, rubbed again. A quarter past ten, a small quantity black fetid stool.

Half past ten, rubbed again, and took broth. Drinks a little wine, and wine and water, occasionally.

Monday, one A. M. took twenty-four grains calomel with broth; had another stool. Half past three A. M. rubbed. Another stool; took thirty-five drops laudanum. Four A. M. stool as before, black, watery, and very fetid; fever abating. Have never observed him to call for the pot to make water; but says he does, when at the night-chair.

Half past four A. M. rubbed again; took a little mulled port and some broth.

At five, twelve grains calomel, one grain opium, and three grains of capsicum and camphor.

At seven, twenty-four grains calomel; a loose stool, about half an hour ago, passed involuntarily.

Is less restless; not so hot as yesterday; less thirst; and short intervals of sleep: takes his nourishment tolerably well.

Half past seven A. M. rubbed again. Half past nine, a loose stool. At ten, six grains calomel, two grains of opium. At eleven, chicken-broth. Half past eleven, rubbed again.

At noon, took one grain and a half of opium; the



same quantity of the pepper and camphor, with six grains calomel : wine and water.

A quarter before one, beef tea. At two, the same medicine as at noon. A quarter before three, arrow-root.

A quarter past three, beef-tea. At four, six grains calomel ; pepper and camphor, one and a half grain each ; opium half a grain. Rubbed again with mercurial ointment.

Half past seven, twelve grains calomel ; one of opium ; camphor and pepper, three grains each ; beef-tea. At nine, rubbed again. At eleven, calomel twelve grains ; opium half a grain ; pepper and camphor a grain and a half of each.

Tuesday, one A. M. took chicken-soup ; and, soon after taking it, made more than half a pint of dark coloured urine. At three A. M. twelve grains calomel ; half a grain opium ; camphor and pepper a grain and a half of each. At four, rubbed.

Half past six A. M. chicken-soup, and made three quarters of a pint of high coloured urine. That made at one has a cloudy appearance about the bottom of the vessel ; and that last made has a cloud dispersed through it.

Has now taken two hundred and fifty-eight grains of calomel. Four ounces and about a half of strong mercurial ointment carefully rubbed in.

The parts on which the ointment has been rubbed ordered to be carefully washed with warm water and soap, and then to begin to rub in again, a dram every

two or three hours, till the gums, which seem to be a little affected, are evidently so.

Wednesday, gums quite sore ; beginning to spit ; rubbed in only two drams more of ointment. From that time he continued to recover.

Miss G.'s was a case of remittent fever, complicated with hysteria ; the latter discovering itself by globus to a distressing degree. Opium was tried during fever, with unpleasant effects. Bilious accumulations, and any thing like jaundice, which was also combined with the attack, should be previously removed. That object being accomplished, the others will often subside. In that case, a crisis by remission was procured on the seventh ; and by the ninth day intermission was perfect.

The hooping cough still continued its ravages ; and it is astonishing to observe, that though the most effectual remedy consists in change of air, people will not have recourse to it, in place of getting to town, into a confined ill ventilated hut, where good air is precluded, old womens nostrums administered, and the doctor's shop absurdly resorted to. One family of children, who went there for medical assistance, with three children under the disease, were driven out of town ; for such a tragical result was apprehended as had taken place, at a recent date, where three were ill.

The improperly regulated way of feeding children, by which they are kept puny and unhealthy, subjects them more severely to the effects of hooping-cough, or any other incidental disease. The disorder in healthy children does not prove so destructive as we had found

it. And to mismanagement in diet, exercise, and clothing, may be imputed its destructive consequences.

*December.*—Humidity and coldness prevailed throughout the month, in the mornings and evenings particularly; and the decay of vegetation rendered it additionally trying to every kind of constitution.

Fevers prevailed of a malignant nature. Some cases of pure yellow fever, remittent, bilious, and intermitting.

The habits of the month are not to be overlooked; for they increased, and probably established, that predisposition which the state of weather so much promoted.

The Lieutenant-Governor gave one, sometimes two parties for dancing every week; at least one. An unavoidable consequence of that is late sitting up, and exposure to night air, after being heated, at a time when the atmosphere is cold, and more heavily loaded with noxious materials than at any other. While these were kept up, at private houses evening dances were also given; so that we had some reason to fear a sickly month; and it was too truly realised.

In Jamaica, and throughout all the West Indies, dancing is a favourite amusement. That season of the year is particularly appropriated to fashionable assemblages, when the House of Assembly meets, and all the gaiety of females, elegantly educated in England, are brought forward and shewn off. It is due to the Creole ladies of this description to say, that their manners are



extremely fascinating ; their looks, in general, if deprived of complexion, have that sensibility of expression, which must be acceptable to every admirer of female beauty and accomplishments.

Though such an education as all West Indians have the vanity to bestow on their female children, may, on first appearances, at an introduction to the King's House, seem very fine, and monopolize the admiration of the surrounding few, experience affords examples, where it has been proved, that education altogether ornamental, and not useful, has been the source of great unhappiness to those ladies whose parents could not maintain an equipage and a scene of gaiety to which their pretensions had been raised.

Accumulated misery had been frequently observed to proceed from the above-mentioned source ; and it would be well for the happiness of all, that, while we are desirous to make our female offspring very fine ladies, their education should be blended, the ornamental with the useful. Housekeeping is not a contemptible acquisition. Its superintendence by the lady of a house is a rational occupation, for which nature certainly has intended her ; and in no situation can she appear to greater advantage. Such an attainment is not inconsistent with music, traversing the banks of a river, the sea side, the mountain, and the valley, to exercise the pencil in that elegant and inexhaustible resource for amusement, drawing ; and it may be resorted to when household affairs require no longer personal attendance.

This digression, on a subject which is taken up on

considerations highly respectful to the sex, requires the serious contemplation of parents who have daughters to educate ; and it must not be omitted to mention, that any gentleman gets into an ugly scrape, who chooses a wife fit only for a drawing-room, without any of the useful domestic housewife about her.

At these seasons of gaiety, it was only serious illness that could keep some ladies from assemblies. The consequence was, that we observed the pallid bilious aspect frequently occupying a place in the dance. Some had nearly paid the forfeit with their lives ; and few escaped confinement, to undergo the course usual in a bilious remittent.

Captain M. 85th regiment, quartered there, of a robust habit, disposed to corpulency, aged about twenty-four, was seized, on the 30th November, with the usual symptoms of fever. His head was particularly affected ; and he vomited a considerable quantity of bilious matter. Tongue foul ; skin hot ; pulse ninety-eight, and full ; belly tolerably regular ; skin dry. He had been several times sick in the West Indies ; and resident in some parts of it for five years. Had been taking antimonial powder with calomel ; and though twelve grains of the latter were taken, scarcely any effect was produced on the bowels.

1st.—An infusion of Glauber's salts, with tamarinds, in graduated doses, gave copious evacuations, about noon, of an extremely bilious acrid nature at first ; but, in the evening, they became watery. Skin continued dry : still feverish. Had the saline mixture every se-

cond hour ; skin more open in the evening ; headache better ; considerable abatement of fever ; had an anodyne, with antimonial wine.

2d.—Had an easy night, and slept tolerably ; took the bark by infusion frequently in the night ; retained it well. There was a full intermission in the morning ; and, in every respect, felt better ; but complained still of headache, and his face was a little flushed. Commenced the use of bark in substance, with the decoction ; complained, at night, of uneasiness at stomach ; his bowels had been moderately open ; and, on the whole, he said he was much better. Pulse seventy-six ; tongue clean ; skin moist, and of a genial warmth ; an anodyne, at night, if any uneasiness at stomach should continue.

3d.—Continued free of fever, and better in every respect ; had taken bark freely, and continued it.

4th.—Continued to recover.

Captain M.'s case is adduced as an instance of remittent bilious fever in that mitigated form in which it will sometimes occur to persons who are already assimilated by constitution to the country, and who fortunately have recourse at an early period to proper advice.

On the 2d, the report stated that headache and a florid or flushed countenance still continued. These indicated a probable return of fever ; but the vigorous use of bark, paying due attention to the bowels and skin, very probably prevented it. About the sixth day of attack, the crisis was decidedly favourable.



A negro woman had a remittent, which was going on with considerable violence. On the sixth day, her cataminia made their appearance in larger quantities than usual; fever remitted, and she had no further return of it.

Mr ———, a young gentleman about twenty, lately arrived from England, though a native of the island, got fever, accompanied by severe rigors, which continued without remission for sixty hours. During that time, he had most distressing sickness at stomach, and vomiting; severe headache; intolerance of light; sighing; and that peculiar cast of countenance expressive of despondency, though he said nothing which discovered by any means lowness of spirits: quite the reverse. At an early stage of fever, a blister was placed between the shoulders, which relieved headache much: other remedies in general use were prescribed for fever, and mercurial evacuants; which, as usual, caused an excessive discharge of bile. These objects being accomplished, it was attempted to introduce calomel, with a view to touch his gums; but its severe action on the bowels obliged it to be omitted.

On the fourth day, he had several fits of vomiting, with some blackish streaks peculiar to black vomit; his pulse, though about ninety and his skin cool, was rather irregular, sometimes feeble; a few darkish spots were observed at the lower part of the spine; part of his neck had an appearance of being irregularly elevated, of a flaky, pale, and pinky aspect: these, however, disappeared within twenty-four hours.

On the fifth day, seemed more generally tranquil, and continued under favourable symptoms the sixth and seventh. On the sixth, his urine was high coloured, as if blood had been diluted in it. The appearances described in the neck on the fourth, were observed in a more extended shape on the thighs and legs, which continued for twenty-four hours, assuming about that time a yellowish appearance.

On the eighth day, had been much better; and might be considered as in a state of convalescence.

In course of his complaints, he was blistered between the shoulders and at the stomach. The open tendency of his bowels admitted of opium and effervescing draughts to allay irritation. Before remission, bark decoction was administered; bark enemata, with opium, occasionally every second or third hour. After the paroxysm of sixty hours, bark in substance was used. On the fourth day, when questioned as to his complaints, he seemed to be unconscious of any particularly; but, to use his own expression, said he felt an inward hollowness in himself, to which he had not been accustomed. He vomited his bark seldom. Some of the confect. aromatica was an useful addition to it.

Happy, indeed, did a respectable father feel at the event of the case. But how uncertain are the vicissitudes to which all are exposed in this world! That venerable character had another son, who promised his parents every comfort they could desire, rising at the bar there, who had been likewise a short time only from England. His son, under our care, had only been declared in a

state of convalescence, when it was announced to him that the former was in a state of danger ; and in a few days after he was no more.

Mr ——'s case is another instance of a Creole of the country sent to England, returning to his own country, yet subject to the seasoning fever, in similar circumstances, as Europeans who arrive there.

The detail of the case affords a more direct instance of genuine yellow fever than any before mentioned. The paroxysm, without remission for sixty hours, terminating in a state of extreme debility, dark vomiting, spots of a suspicious kind, expression of countenance rather hippocratic, and other circumstances, which require observation to guide the prognosis ; for it has been too often found, that the inexperienced European practitioner, when he considered the patient in a safe state, found out too late that he had not more than an hour or two to live.

It has been avowed, during my practice in St Thomas of the Vale, that great confidence was bestowed on the prophylactic powers of mercury ; and they are not by any means diminished, for reasons founded on practical *data*, which cannot be fully entered on in this work. In the above case, the introduction of mercury in any shape acted with violence on the bowels ; and it was adviseable to abandon a plan of treatment, which must have proved fatal to the patient, by its relaxing effects.

*January 1806.*—The prevalence of north winds during the month, and an inactive state of vegetation, ren-



dered us unhealthy. Fevers had been more of the intermittent class; catarrhs accompanied by inflammatory sore throats frequent.

A visit among woody parts, or along the banks of rivers, where immense masses of vegetable matter are passing into decomposition, and their sensible effects on the atmosphere, will convince any person how injurious to health such impregnations must be.

Those who had undergone fevers and other complaints, did not recover in that rapid manner which we generally observed convalescents to do in the West Indies; for diseases, though severe and extremely critical before, after convalescence is established, recover sooner the usual condition of health than in Europe.

G. B. a brown lad, carpenter, got remittent, which extended itself to the fourteenth day. His case was complicated with symptoms threatening dysentery, which prevented that free use of bark, to favour a crisis, at an earlier period. In his case, a large blister to the epigastrium, with small doses of camphor and ipecacuanha, often repeated, were of essential service.

Mr M——'s was a case of remittent fever, where paroxysms were greatly aggravated every second day; and, as the gentleman went a journey about twelve miles, to be placed under my care it is probable that the severity of symptoms was increased. Irritability of stomach was extremely troublesome, in attempting to introduce those medicines so necessary to obviate an apparent obstruction of the biliary passages. An effervescing mixture had some good effects; calomel was given

in small but frequent doses ; and, as fever was considerable, the pulv. antimonialis was added, when it could be done with propriety. On the second day after he arrived at Spanish Town, but the fifth day of his complaint, a blister was placed between his shoulders ; considerable diffusion of bile discovering itself by the skin, eyes, &c. It was thought adviseable, on the sixth day, to administer larger doses of calomel, combined with camphor. On the seventh day he was very restless ; his pulse small, and frequent ; clammy cold sweats were sometimes discovered on the extremities ; *subsultus tendinum* ; irritability of stomach often returning ; no incoherency, however. A blister was put to the stomach, which, with the camphor and calomel, seemed to produce a more favourable state of his pulse ; and, on the eighth day, that disposition to coldness in the extremities was gone. Any nourishment was introduced with the utmost difficulty. During his low state, bark-glysters, with stimulating ingredients, were of service ; when three or four were retained a due time, an emollient enema brought them off, and fresh ones were introduced. By persevering in the calomel course, slight ptyalism was produced ; and, the biliary passages opening, seemed to accompany that event, for discharges by stool became natural, and the yellow diffusion was considerably diminished. With due regard to other indications, requiring caution, colomba and bark infusion were prescribed.

On the ninth and tenth day he began to have short sleeps ; his pulse slowly assumed a better state ; and he

expressed a wish for nourishment. On the eleventh day, he complained of heat, and fulness in his bowels ; but a senna infusion, with tartarised kali, had a powerful effect ; and considerable discharges of acrid bilious stools followed. His jaundiced appearance wore off ; and, on the thirteenth day of his complaints, we got him removed to a more airy pleasant situation.

It may be recollected that, in a previous part of this publication (*vide* January 1803), Mr M. was extremely ill, on account of bark unwisely introduced, to an extent, and without precaution, which placed him in critical circumstances. His prejudice against bark was even now unconquerable ; and it was with difficulty he could be prevailed on to take it by infusion.

In that disposition to defection of all the healthy functions, it is necessary to combine some stimulating ingredient with calomel. Camphor had been found, on many occasions, an excellent addition in such circumstances.

Mr M. felt a confidence in my ability, the justice of which I shall not add any thing of ; but it is an encouraging circumstance to the young practitioner to do his duty, and to exercise his energies, when cases of extremity present. Many satisfactory and flattering considerations ensue ; and it is not one of the least to find an old patient seek for aid, by leaving his own home, to find that assistance which has gained confidence by former services.

It is also deserving of notice, that, connecting such cases as Mr M.'s, through various illnesses, in course of



many years, must prove useful to the practitioner and patient. In this has consisted much of that advantage which the author has frequently experienced, by recording the principal transactions of practice during his stay in the West Indies.

M. D. in the third month of her pregnancy, began to feel an almost unceasing irritability of stomach ; she never had been in the family way before. With these symptoms, she had sometimes a slight degree of fever. What she discharged by vomiting did not appear to possess any acrid or acescent property ; and she seemed to be reduced to an alarming degree of debility by it, for she had no disposition to take nourishment, and could not retain it.

It is unnecessary to add the various *formulæ* of medicine, of the cordial and anti-emetic kind, which were tried in the above case. They all failed of success ; and, about her fifth month, she was removed to enjoy Port-Henderson air, where she got rather better.

M. F.'s case, which occurred in December, was also a distressing instance of irritability at stomach, nausea, and vomiting. She was in the eighth month of her pregnancy, and often rejected a pungent acid liquor ; for which mixtures of calcined magnesia, æther, &c. were ordered, with some success ; but, until her delivery, she was not entirely relieved of the frequent desire to vomit.

Mr B. a young gentleman, from an estate in St Thomas in the Vale, came to the penn, near Spanish Town, for change of air after fever. He had been ex-

cessively fatigued by so long a journey, in his weakened state, and lay there about four days very unwell. On the fourth day my assistance was called in ; he was found extremely exhausted, but with a tolerably firm and regular pulse ; his tongue clean ; no headache ; skin open ; very slight subsultus. On his attempting to sit up, a disposition to syncope was felt ; bowels rather bound for several days. His friends informed me that he held great apprehensions of danger.

On the whole, I was impressed with an opinion that, with attention in nursing, which he had, by Mr ———'s directions, the use of nourishment, wine, &c. he had every probability of recovery. There was nothing in his case to excite apprehensions in my mind ; a soap enema was administered, which did its duty ; a cordial mixture to be occasionally taken, containing opium, and a laxative mixture to open the bowels gently.

Early on the following morning, an express was sent from Mr ———, saying that he appeared to be much worse. Dr Rennalls was already on his way there ; and he found him in a state of insensibility, not capable of deglutition, labouring under stertor. He survived only a few hours.

That case is mentioned to shew how critical the lives of Europeans in that country are ; and, on the whole, how scrupulously attentive we should be to every case until convalescence is established. The decline of fever, though a salutary operation, has been shewn to be one which requires close watching ; and though my mind, at the time, did not convey any greater apprehen-

sions than would be subdued by the directions left for Mr B. I admit that my satisfaction would have been greater, had personal attendance been continued for the night.

A gentleman informed me, that he had found the following expedient useful, by correcting habits of drunkenness in some negroes, who carried that vice to dreadful excess. When stupified by sickness, and inclined to vomit, he made them drink, in copious draughts, weak rum and water pretty warm; the rum to be the worst that could possibly be procured; and vomiting excited to a great degree. Such an antipathy had been known to follow against rum, or any other spirit, that nothing could prevail on some of them to take any afterwards. If that succeeds in a few instances, it is very well; in all cases, it is not to be expected.

*February.*—Temperature variable, but more frequently cold; north winds, and several heavy showers about the 20th. An epidemic catarrh became prevalent, which did not assume any alarming symptoms, though a favourable change seldom came on before the fifth or sixth day.

We did not find any recent case of intermittent; but the state of weather had been extremely adverse to the recovery of those who had already laboured under it. The long continuance of north winds to the sea side, rendered Port-Henderson fully as unhealthy as other places; but, when these norths abate in force, a



gentle sea breeze springs up, and it again becomes the resort for recovery of health.

Two cases of the stomach-evil (*mal d'estomac*) came under our care that month; but the article of diet, so necessary to the effectual co-operation of medicine, was very ill attended to, and little good could consequently be done.

Mr F.'s son's case, was an injury proceeding from a fall; and it was reported that a horse had trampled on him, which appeared improbable. Two of the false ribs on the left side were lacerated. After several efforts, he passed some bloody urine. Pulse had considerable fulness; for which he was bled, and took a laxative: an ammonia, soap and camphorated embrocation was used. Medicines to keep up an increased secretion of urine were frequently taken.

About the third day, a laxative was necessary; and, therefore, administered. It did not operate at the usual time. He discovered a great degree of nervous irritability, with slight *subsultus tendinum*. A cathartic enema, an infusion of salts, pills of calomel, and julap, were repeated; and an enema had the desired effect, after thirty-six hours. Till the action of his bowels was promoted, it was feared that more extensive injury had been suffered than the boy chose to acknowledge; but it did not appear so; and the case serves to shew from what causes such consequences will arise, and that the most scrupulous attention ought to be always observed to preserve regular evacuation from the bowels.

A change in our government had taken place, by the

arrival of Sir Eyre Coote, K. B., a lieutenant-general in the army, as lieutenant-governor of the island and its dependencies, who seemed to be a gentleman of extremely popular manners, and accompanied by Lady Coote.

Sir John Duckworth encountered a French squadron, which he took or destroyed, with the exception of two frigates, and carried his prizes triumphantly into Port-Royal.

*March.*—Had dry weather more generally during the month; but, about its termination, refreshing showers, which revived perishing vegetation; temperature variable, but warmer than the preceding months; winds, during the day, a good deal from the sea; at night, from the north.

Better health had been experienced. Indeed, few diseases prevailed; for reasons which, it is trusted, are obvious.

The small-pox made their appearance. The few remarks which occurred to me with respect to that disease, and the security afforded by the vaccine infection, will be introduced at a future period.

J. L. remittent fever, underwent the usual progress. It was, however, particularly marked on the third day by severe headache, which was partially relieved by the frequent application of cold vinegar to it when shaved. On the fifth day, he was comatosely disposed; he did not answer questions put to him; and had a quick small pulse; dry skin; *subsultus tendinum*; and pass-

ed his urine insensibly. Two blisters were put to the thighs; sinapisms to the inside of each ankle. The powers of deglutition continued favourable; and the usual remedies in such cases were given internally. A crisis took place on the seventh day of a favourable nature; by the ninth day, intermission was complete. On the eighth day he passed a large worm of the *terres* kind.

Mr E. L.'s *Tom* was a melancholy case of dysentery, where cleanliness was not attended to, in a negro of that description sometimes met with in the West Indies, who has no care for his own comforts. His excrements were passed where he lay, not on account of inability to relieve himself, but his natural habits were such. A great deal of care was bestowed on him, and considerable expence, to no good purpose. The acrimony of his stools produced excoriation about the *anus*; and these parts became ulcerated towards the rectum; maggots formed; and there can be no doubt that they extended themselves upwards. In a short time after a tumour formed in the left hypochondrium, painful to the touch. His dysenteric complaints increased; and a quantity of pus was discharged by stool. The tumour subsided after. He gained such an accession of strength, that he was walking about; his stools of a more natural kind; his appetite voracious. In that state, he was taking pills, composed of ipecacuanha, with a small proportion of opium in them.

Mr P.'s was a case, of which many more instances might be adduced in that country, where consumption



of the lungs made rapid progress in a constitution certainly predisposed to it; but shewing that we are not to conceive cases of that description to be protected by the salutary influence of the climate.

Mr J. L. a young gentleman, got remittent fever. For the first two days, remission was very imperfect; on the third, it was more distinct; and, on the fourth day, intermission was complete.

These deviations from the usual course of remittents are seldom met with; and it is not improbable, that, owing to the improved state of weather, predisposing less to febrile affections, the cases were imperfectly formed, and more under the salutary influence of the remedies prescribed.

A national loss has been experienced in the lamented death of William Pitt, our great and good minister.

*April.*—The memorandums of that month were occupied with experiments and observations respecting the vaccine disease, which it will be more eligible to introduce at another part of the work.

The weather had been moderate; and, like that of April, in its circumstances, favourable to the preservation of health.

Some cases of remittent were met with; but, when no aggravated circumstances were observed to increase fever, such as previous excess, they occurred in a modified shape.

In some instances, where vomiting was excessively

troublesome and unyielding, the Adroo tea was found useful. It is pungent; rather of a pleasant aromatic taste; and stands high in the estimation of people in that country.

The extremes into which people allow themselves to be deluded, by the extravagant statements with regard to the medical properties of certain articles, appear to me to have been followed by very unlucky consequences. The supposed virtues of Adroo in Jamaica, are absurdly magnified by many persons; but particularly by the old women, who intrude themselves so often to the sick-room. Its virtues, however, may be comprehended, when we admit, that it is aromatic and stimulant; sometimes useful as a tea in composing the stomach; and it is said to obviate a disposition to relaxed bowels.

In the case of my son, we supposed he had had small-pox when in St Thomas in the Vale. As they were prevailing at that time, my daughter was infected with them, and underwent their progress, while we entertained no apprehensions of the other.

During my absence, on account of illness, my son was attended under inoculation by Dr C. The pustule formed regularly on the arm; became larger than common: he got a smart fever; and the inflammatory appearances were very satisfactory; but no eruption could be observed on the body. That course of apparent disease took place about a year before; but, after the usual fever, an eruption of small-pox made its appearance and more severely than in his sister's, the ino-

culated case, and seemed to me to have laid the foundation of a series of complaints, of which he did not recover until he got to Europe.

*May.*—Until the 18th, we had little rain; roads were dusty; weather squally; excessive heat. On the whole, the month had been healthy.

On the 18th, we had severe squalls in the morning, from south-east, and a cloudy stormy appearance in that direction. About two P. M. heavy rains set in; sharp lightning and thunder; squalls continuing, and rains falling in such torrents, as to render the streets like rivers, unsafe for passengers, for about twenty-four hours. These rains continued, with little abatement, for two days after. All the roads had suffered great injury; rivers were so high as to overflow their banks considerably, and to strike out new courses for themselves; several lives were lost; a part of the abutment of Spanish Town bridge was borne down; communication was for some time cut off from the ferry to Spanish Town and Kingston.

Diarrhœa, disposed to dysentery, prevailed during the month; inflammatory sore throat; remitting fevers unusually protracted. Those who had been labouring under intermittents did not recover that month.

On the 23d, I was called to a vigorous young woman, named *Daphne*, belonging to Mrs P. who complained of difficult respiration, sense of fulness, and soreness in her throat. On examination, the uvula was much relaxed; its vessels turgid; tonsils red and en-



larged ; the neighbouring parts participated in that appearance. She had sometimes hysterical symptoms ; pulse rather full, and frequent ; tongue white ; belly regular ; was nursing.

About four days before, complained of these symptoms ; but no assistance was called in. Her mistress gave an emetic, and a dose of salts ; the laxative was repeated in the evening ; ordered to use an alum and vinegar gargle.

24th.—Passed a bad night ; breathing laborious, and as if croupy ; lost blood freely from the arm ; applied a blister to her throat, extending from ear to ear ; took four grains antimonial powder ; one grain of calomel every third hour.

In the evening much better ; and had several stools in course of the day.

25th.—Rested well, breathed easy, and said she was entirely relieved of any pain in her throat ; the powders to be continued *pro re nata*, gargle, &c.

26th.—Blister discharged well ; and she continued better.

27th.—Continued doing well ; a wine-glassful bark decoction four times a-day.

31st.—Recovered.

Mr L.'s *Helen* was a case of fever, protracted to an unusual period, complicated with worms, which possibly were the cause of it.

She was a little girl, about five years of age, of a healthy appearance, and a great pet of her mistress's, for her acuteness and repartee. On the 25th she was

admitted to our care, with fever. Its progress indicated clearly the existence of worms, and that the depraved functions of her bowels were consequent to their accumulation. Few were passed whole, during our treatment; but it was evident, from the subsequent appearance of her stools, that they were destroyed, though not expelled: That, when dead, they were in appearance broken in small pieces, and sometimes thus discharged. For it is known, that any influence of the secretions belonging to the *primæ viæ* on worms, cannot be exercised when they are alive; but, when dead, their dissolving powers become active.

In that case, vervine enemæ appeared to be useful in removing worms; calomel and jalap purges, camphor, pulvis antimonialis, &c. No crisis took place before the 5th of June.

A Mrs ——— had been recently delivered of a child, when some causes of jealousy were presented to her mind. She nurtured her violent passions so far, that she got into fits; and had a febrile paroxysm, accompanied by symptoms indicating peritonitis. Being extremely weak previously, venesection did not appear justifiable. She was treated by mild diaphoretics, such as the *spiritus Mindererus*, with due attention to her bowels; and she got well.

Fevers, of the intermitting kind, had proved extremely unyielding. In Mr F.'s family, the sea-side air of Port-Henderson and Port-Royal produced little or no good effect. Kingston was next resorted to, with no better result. An elevated mountain situation, towards

St John's, in a dry situation, where the air was cooler, seemed to be of greater use ; but, on leaving it, and returning to Spanish Town, they relapsed into fever, and continued to have irregular paroxysms.

Some of the former lease-holders of the Angel's penn had neglected to inoculate, for small-pox, a parcel of negroes, who never had the disease. The confluent kind broke out with considerable malignancy ; and three of them died.

Several occurrences of the month induce me to notice with what facility and indecency ladies and gentlemen, who become widows or widowers, throw off the recollection of their late partners in life. Two instances of females, who came within that description, are in my recollection ; one of whom was not indisposed to matrimony about three months after her old gentleman's death. Another, at a more distant period of eight months, was gay, took her share in the dance, and was married again soon after.

Observation justifies me in stating, that there is every reason to apply these remarks to the generality of people in Jamaica. But that there are exceptions must be admitted ; and an amiable one is presented in the case of Mrs —, whose becoming and sincere conduct had been a subject of admiration and regret to every feeling mind, on account of her misfortunes.

That excellent young lady was not married a year, when her husband was obliged to leave the island in the June fleet. He died on his passage,—his loss was deeply felt,—his amiable widow was inconsolable,—her



good sense, blended with genuine sorrow, rendered her extremely interesting. She continued to wear the honourable banns of widowhood with becoming decency ; and rested for consolation on that rational submission to the divine will, which conduces to alleviate heavy misfortune even in this world.

*June.*—Moderate rains during the month, and such pleasant weather as generally attends it ; extreme heat ; thermometer, at noon, from eighty-eight to ninety degrees. There is little variation of temperature at this season of the year. In that respect it is unpleasant ; for, from September to March, and sometimes April, if we have warm days, the evenings are cool. Vegetation vigorous ; sea-breezes pretty regular.

T. M.'s *Charlotte*, a girl from eight to ten years of age, had symptoms of great derangement in the stomach and bowels, attended by fever. She was extremely reduced ; yet her appetite continued good ; her desire for food was however irregular.

In addition to the use of cow-itch, calomel and jalap were introduced to remove worms. On visiting her the 5th of the month, Mrs M. made the following report : That she passed thirty-six worms of the teres kind ; on the 6th, sixteen ; and on the 8th, fourteen. Subsequent to that date, she passed others ; and her motions were for some time after mixed with broken pieces of them.

In the above case, there seemed to be an uncommon disposition to the generation of worms. They were

passed, entwined in bundles, in a lively state ; and it appeared to me that the mechanical operation of cow-itch had great effects in removing them.

A. L. from near Montego Bay, exceeding fifty, was a case of remittent bilious fever. No distinct remission before the ninth and tenth day. His treatment was conducted much in the usual manner, so far as his peculiar dispositions would permit. Unaccustomed to sickness, and impatient of controul, he wished to believe himself only indisposed by imagination ; and, in defiance of directions given, fed on rich diet, and indulged as usual in food unfit for him. Of a constitution extremely robust, he was able to carry on these improprieties ; and, on the fourth day of fever, set out for Port Henderson ; from whence he returned the day after, much worse : fever increased, dysenteric symptoms succeeded, and hiccup. He afterwards submitted to a more rational course ; and, though his illness was rendered more critical by such acts of extravagance, he recovered.

Mr F. about twenty-three, lately arrived, got fever, attended by those symptoms usual to new comers ; severe headache ; flushed countenance ; turgescence of the eyes ; aversion to light ; and nausea. Pulse full, and about one hundred

About six weeks before, he contracted gonorrhœa, and a bubo in the left groin succeeded, which, previous to fever coming on, had appearances of suppuration.

On being called to Mr F. he seemed to be oppressed particularly by an accumulation of bile. To remove it was the first object ; and it was effected by repeated

doses of pills composed of calomel, antimonial powder, and jalap; occasionally wine glassfuls of the saline mixture were also taken. After having accomplished abundant evacuations by vomiting and purging, calomel was frequently introduced to touch the gums. On the third day, he got remission, attended by ptyalism. He was under a full remission by the fifth day, taking bark, and continuing to recover.

It is probably of importance to observe that, on reference to Mr R.'s case (*vide* p. 276), it was apprehended that the bubo's retiring was an unfortunate circumstance. Means were, therefore, taken in Mr F.'s to promote suppuration, which were successful. To that circumstance, and the effect of mercury on the system, may be attributed the favourable event of the case: for, in the outset, it assumed symptoms more threatening than we had met with for some time.

A case occurred, where bark administered was followed by very unpleasant effects. A negro woman, of a relaxed constitution, was subject to irregularities in her bowels, occasional diarrhœa, sometimes costiveness, stomach irritable, appetite bad, abdomen generally enlarged, and her appearance pallid. These, combined with other circumstances, induced me to fear that, in addition to dyspepsia, the mesenteric glands were probably affected.

During an attendance of several weeks, irregular attacks of fever were felt, which reduced her strength.

Bark had been unadvisedly given to her in substance. It uniformly produced increased heat; its tendency to



form scibulated masses in the intestines, rendered medicines necessary of considerable cathartic power to remove them ; and diarrhœa often succeeded. She got extremely reduced ; and, when a proper course was advised, it was too late ; for she died in a few days.

The month presented two melancholy instances of ebriety in females ;—one only shall be noticed.

Mrs ——— was some years before a correct decent woman, at the head of a family, conducting herself with great propriety, and, in her station, considered of a superior description.

On going to practise in Spanish Town, I found her family to be one of those on whom we attended. She had an appearance more florid than usual, of greater corpulency, and a duller expression of countenance, than when we last met in St Thomas in the Vale. Her expressions had now something troubled in them. She did not appear at peace with herself ; and she seemed to submit to the operation of violent emotions of the mind. Conscious of shameful habits, and suspicious that appearances would bear against her, she attempted to conceal what her manners too unequivocally exposed. When the mind and body are thus humiliated, violent passions, and certain appearances of the countenance, manners, &c. are formed, which no cunning or artifice can conceal.

On further inquiry, it was found that she had got into habits of drinking ; and every effort to prevent her was unavailing. What a reverse did she now present ! All had the aspect of ruin, dirtiness, and a miserable

state of her children! Such an example to her family was not to continue long. A course of life of that kind could not be sustained in such a climate. Disease made rapid progress, by destroying the powers of the stomach, and extending a morbid influence over the whole frame. She died, not only unregretted, but her death was looked forward to as a desirable event.

*July.*—Weather much of the same description as last month; heat more intense; atmosphere heavy and oppressive; sea breezes not so regular. In the interior, heavy falls of rain had taken place, so as to break up the roads, and to raise the rivers very high.

Accidental exposure to heavy rains, while the body suffered likewise by the pressure of warm suffocating heat, had been productive of severe catarrhal affections; but none of them proved fatal; and they yielded to that treatment which is commonly pursued in such cases.

An accident occurred at Cumberland penn, where a boy had a wain wheel passed over his foot, lacerating and bruising it in a dreadful manner. Considering, in every view, the dangers which ensue from leaving such a wound exposed to the risks of a cure, and the probability of locked jaw or a permanent ulcer, amputation was decidedly recommended.

We went to the place next day, to have the operation performed; but in the patient and his relations found a most determined opposition. It was not to be

subdued ; and we were therefore under the necessity of abandoning it.

The above brings to my recollection a case at Rose-hall, St Thomas in the Vale, where a negro had so far injured his foot and leg, that he was strongly urged by my friend Dr M'Kenzie to have it amputated. By his desire, I also visited the man, and gave my opinion in favour of an operation ; but he held out, and would not allow it. Such a dilemma is perplexing to a practitioner ; but it is scarcely possible to insist on a step which might fail of success, against the patient's own consent. The case went on for some days longer very badly ; and incipient gangrene too probably foretold the event. In that state, the patient called aloud for an operation. It was performed ; but he died soon after.

In such a case as the above, would it not have been humane, to have insisted, even by force, on an operation ?

In the case of *Elsie*, at E's. Caymanas, she had been afflicted with severe general pains for several years ; and the circumstances of duration and source afforded strong reasons to believe that they originated in a venereal affection, partially treated. The pains of her head were excruciating ; but necrosis had not appeared in any part. She was taking six drops of Fowler's solution of arsenic every morning and evening. For the first week, considerable derangement of the stomach and bowels ensued ; but, with the addition of an opiate, that was prevented ; and she seemed to be relieved by it.



A brown lad, leaping into the river to bathe, halted at its bottom on glass, and was cut severely on the sole of the foot, below the heel. It bled freely ; and it was necessary to secure an artery by ligature, before the hemorrhage could be subdued. The wound was then well cleaned, edges brought together, and stitched ; tincture of myrrh, laudanum, and water, were applied on lint, and the parts secured, so as to heal by the first intention. After some days, a large poultice was applied over the dressings ; by which means they came off in course of twelve hours ; very little matter was formed. He complained a good deal of internal pain. When the stitches were removed, he was easier ; but, for a considerable time after, he felt shooting pains throughout the wound.

As Spanish Town is the seat of courts for the county of Middlesex, negro sales generally take place in it ; and it must be admitted, that that measure, at present conformable to existing laws, is the hardest and most irreconcilable we know of in the country to a feeling mind.

The narrator has great satisfaction in stating, on good authority, that this subject has been under consideration, by persons forming the colonial societies in London, for some time past ; and that a plan for the abandonment of an evil which separates the negro from his home, to satisfy the debts of his owner, will soon be put in practice in Jamaica, so as neither to bring a human being before the public for sale by vendue, or to put it in the power of a master to separate him from

the soil to which he has been once attached. Such a measure would render the negro sources of congratulation, amounting to security of comforts, beyond any peasantry in the united kingdom.

Persons who are owners of slaves, and get encumbered, must make their negroes amenable to the laws, by sale, for the payment of their debts.

It is a preliminary step with almost every purchaser, to have a previous conference with any negroes for sale; and these negroes are asked whether they have any objection to be purchased by such a person. If acquiescence is obtained, it is very well. If the negro expresses a dislike to an individual as a master, he will caution that person against buying him; but should he, notwithstanding, persist in making the purchase, the negro or negroes become runaways, and never turn out advantageous labourers to such a master.

There is scarcely an instance of a white man becoming the purchaser of a negro, or gang of negroes, unless their previous sanction had been obtained. Indeed, it would be absurd, nay ruinous; for respect and esteem must exist among negroes to their masters, to get them to labour and prosper; if otherwise, the consequences are horrible to both parties.

Legislative provisions are made, by which families are not to be separated in the disposal and sale of negro females.

On the settled estates of Jamaica, negro sales seldom take place; and on properties of that description there are undoubtedly most comfortable establishments to

be found. Such are negroes of the estates which pride themselves not a little on the antiquity of their families; and particularly if any of the females have been mistresses to the white proprietors.

The relative good understanding which exists between negroes and whites, is inadequately appreciated by people in Europe. While certain statesmen, of more respectable character, can only be admitted to have good intentions, derived from no local knowledge, the mischievous doctrines of others cannot be sufficiently reprobated; and the measures of both are caculated to produce the most painful consequences against humanity. Their steps, instead of being precipitate, should be cautious in the extreme. I must repeat, that Ireland presents, in her population and misery, a fairer field for the exertions of the philanthropist. There we see a populous country, immoral, oppressed, and vitiated, so habituated, by its long continuance, to their natures, that it were worthy of men high in influence to turn their minds against the prevalence of such horrors as we know disgrace the annals of that country, so near their own doors.

*August.*—The weather had been excessively warm; breezes irregular, and, on account of droughts, when we had them, fiery and unrefreshing. They were more commonly from the sea; and, at night, from the land; rains were so trifling, that no advantage was derived from them.



The excessive heat, want of our accustomed refreshing breezes, a variable temperature, and vegetation in a less active state, contributed to a greater extent of ill health than for some months past.

14th.—Mr C. by trade a bookbinder, an Englishman, had febrile symptoms, attended by headache, pain of back, sense of fullness, and weight about the stomach, extending along the bowels.

Was indisposed on Tuesday the 12th ; took a dose of salts, which he said laid heavily on his stomach, and, after an unusual length of time, operated ; not, however, with the same copious effects he found such a dose usually did. He had been twelve months in Jamaica, and had no previous sickness in the country.

Calomel eight grains, antimonial powder six grains, jalap one scruple, formed in a mass for ten pills,—three taken then, and two every hour and a half till they fully operated.

At noon, after having six of the pills, he vomited a great quantity of viscid bile. Was smartly purged four times ; stools discovering an immense secretion of acrid bile. Fever much abated ; free of the oppressed sensation he complained of.

Took two more of the pills.

In the evening, free of fever, generally better, and had several large bilious motions. Of opium a grain and a half, antimonial powder two grains, formed in a pill, and taken at bed-time.

15th.—Had a good night ; one stool during it ;

febrile symptoms gone; complained of dizziness; pain over the eyes; and his countenance had a vacant expression.

Decoction of bark with snake-root a pint and a half, spirits of nitrous æther three drams, antimonial wine two drams, to be mixed,—a wine glassful every hour, while free of fever.

At noon, felt better; tongue rather full; free of headache; had no stool; ordered to take three of the laxative pills, and decoction, as formerly.

In the evening, felt tolerably well; laxative operated thrice; skin rather moist; tongue white and dry; thirst continued; no headache.

Three of the laxative pills repeated.

16th.—Slept tolerably, and had several stools in the night of a very bilious nature; pulse a hundred, and smaller than common; but no variation from a natural state took place before last remark; tongue foul; thirst considerable; no headache, but seemed to be generally uneasy and restless; took a wine glassful of the saline mixture every two hours; and a four grain calomel pill every three hours.

In the evening, fever remitted; continued pills and decoction.

17th.—Had a good night; several stools; and free of fever; tongue cleaner; no thirst. With an ounce of bark was mixed two scruples of rhubarb, divided in twelve dozes, one taken, at first, every two hours.

At noon, complained of much uneasiness and load at

stomach ; feverish in a slight degree ; foul tongue, and thirst ; Glauber's salts two ounces, lemon juice half an ounce, water seven and a half ounces, tincture of senna half an ounce, mixed ; a large wine glassful ordered to be taken every two hours, till it operated.

At night, much the same. Infusion had not operated ; a carthartic enema administered, and the pills repeated as formerly ; bark in substance omitted.

18<sup>th</sup>.—Had a restless night ; three copious motions ; he appeared much confused, and had *subsultus tendinum* ; tongue foul, dark, and much parched, countenance changed, of a yellow pallied hue, unmeaning ; and the eyes looked husky ; said he had no headache ; but complained of thirst ; a blister applied between his shoulders.

Of calomel eight grains, antimonial powder and camphor, of each six grains, formed in six pills, two every second hour.

In the evening. He had been extremely restless during the day, and incoherent ; had a few motions of a dark, but not fetid kind ; pulse small and fluttering ; tongue encrusted with a blackish covering ; skin moist and warm. Camphorated julap seven and a half ounces, spirits of nitrous æther three drams, tincture of opium thirty-six drops, mixed ; two table spoonfuls taken every hour or two, as occasion required, and some brandy, with very little water, for common drink.

At night, much the same ; no disposition to vomit ; belly bound ; an enema with soap and assafoetida administered. Of Skeete's cold bark infusion a wine



glassful every hour and a half, with brandy in it, of opium two grains, camphor four grains in two pills, and taken at bed-time.

19<sup>th</sup>.—At seven A. M. Comatose during the night, and passed his urine insensibly in bed; had convulsive startings, hippocratic countenance, breathing stertorous; pulse small and frequent; the patella of one knee the only cold part. A blister applied to each thigh, and the musk with camphor julap ordered.

At ten A. M. he died.

In that case, fever may be dated from the 12<sup>th</sup>, though he did not come under our treatment before the 14<sup>th</sup>.

It is necessary to mention, as a circumstance that may have increased the malignity of that person's complaints, that he was much inclined to drinking, and had probably injured his health from that cause.

On the 15<sup>th</sup>, the third day, an appearance of favourable remission had taken place; the tongue, however, was dry, which powerful evacuants, and any thing else tried, could not remove. This was enough to make a medical man see that it was the consequence of a lurking evil. Future attacks of fever were expected. The powers of calomel were tried as laxative and prophylactic. On the 17<sup>th</sup>, he again had a remission, but attended by a worse tongue. At noon of that day, complained of load at stomach,—a symptom often occurring in bad cases, which are described as productive of dyspnœa, and as if a dead weight lay on the *scorbiculis cordis*

downwards to the *epigastrium*. The voice generally undergoes a change with these symptoms ; it is heard as proceeding from an empty cask ; is uttered with difficulty and indistinctly ; seldom failing to prove a precedent to death.

The case of Mr C. is given in detail, with the course of medicines ordered, that it may be seen how various the modifications of fever are in that country, in how many shapes they appear, yet admitting considerable similarity with regard to those symptoms particularly influencing the event of fevers in new comers.

The violations of sobriety, of which the patient was accused, very probably operated against him, by predisposing the stomach and *primæ viæ* to disease before that attack took place.

13th.—Mr Q. aged nineteen, a young man, born in that country, but educated in England, had returned to it about eight months before, was seized with the usual symptoms of pyrexia common to new comers.

Calomel, jalap, and antimonial pills, were taken in the usual manner, and increased doses ; but an infusion of senna, with active ingredients in it, were necessary, before full evacuations could be procured.

14th.—Medicines operated at last very effectually, and he felt himself better ; eyes turgid ; tongue white, and rather dry ; skin warm ; headache better ; pulse about eighty-four, and regular. Used the pulvis antimonialis in doses of four grains every third hour.

In the evening, skin cool, and rather moist ; felt him-

self much easier, but said he was extremely weak ; his countenance pallid, perfectly distinct, and of a cheerful disposition ; not at all apprehensive ; pulse rather small, and frequent ; tongue white and dry. Ordered to have an anodyne, at night, of tincture of opium and antimonial wine.

15th.—Had a tolerable night ; slight febrile symptoms continued, unattended by fever or other uneasiness. A camphorated julap, with antimonial wine, used in graduated doses.

At noon, fever having increased, applied a blister between his shoulders ; and took a grain calomel pill every second hour, continuing the camphorated julap.

At night, fever remitted ; skin cool and moist ; pulse ninety-eight, and regular ; bowels freely open ; pills omitted ; bark decoction every second hour.

16th.—Had a tolerable night, and four motions during it ; skin rather warm ; pulse one hundred and ten ; tongue white, and rather dry ; said he was better ; thirst moderate.

In the evening, fever came on more severely, but his headache was relieved ; took small graduated doses of calomel, pulv. antimonialis, and camphor ; the saline mixture in an effervescing state.

17th.—Fever more moderate ; tongue cleaner ; no headache ; belly open ; continued the powders and effervescing mixtures as before.

In the evening, had frequent disposition to vomit ; fever more moderate ; had two bark enemas, which he retained ; an opiate at bed-time.



18th.—Continued to retain the glysters, which were administered every third hour. Had a tolerable night ; fever moderate ; continued bark decoction.

In the evening, fever much abated ; had been comatously disposed during the day ; stomach rather irritable, with mucous and bark vomiting ; but an opiate seemed to give relief. A yellow diffusion over the skin had been observed that day ; tongue white, and slightly parched ; countenance rather vacant ; mental powers required a little rousing. Bowels kept in an open state ; but his motions had not been bilious for two days before. Bark decoction and bark enemas continued, with opium in each.

19th.—Slept tolerably ; bark enemas were administered, but he did not retain them well. With two of these he passed a considerable quantity of blood diluted, which would not coagulate. An anodyne was administered on that appearance taking place.

At noon, suffusion and yellow appearance still considerable. Bark enemas badly retained ; and, after some griping, the above appearances of blood were discovered ; his countenance unmeaning, and the peculiar streaks were marked from his ears down his neck.

At night, less blood in his stools ; bark enemas omitted ; decoction continued ; an opiate repeated.

20th.—From three o'clock in the morning, had several fetid stools, mixed with watery blood, which coagulated partially on exposure to the air ; his countenance not so yellow,—distinct, and rather lively ; considered himself better. Tongue furred, dry, and white ;

skin of a genial warmth ; pulse ninety-six, softer, and more regular ; an opiate repeated ; bark decoction continued.

At night, retained the decoction, with extract of bark ; an enema of bark and catechu had been administered ; stools had blood in them before it was administered. About four P. M. his pulse discovered a sinking disposition ; a blister was put to his stomach ; and he was about to take the cold infusion of bark, with magnesia (Skeete's).

21st.—A change to the better ; and, with great care, he continued to recover.

The above is a case of considerable interest, whether we regard its critical symptoms, or the various changes which characterise its malignancy ; though it must be included as a bilious remittent, under circumstances which blend it considerably with pure yellow fever.

The evening report of the 18th was extremely unpromising ; and foretels, on most occasions, an unfavourable event.

On the 19th, the appearance of blood pouring out from the intestines, which did not coagulate on exposure to air, indicated decomposition of it, and an extension of disease to the intestines. Indeed, during the whole of that day, a prognosis must have been necessarily unfavourable.

On the 20th, though more fetid stools were passed, what blood proceeded from the bowels was found to coagulate, my hopes were considerably raised by that circumstance ; the yellow suffusion was less, and that

torpid insensibility, produced by this dreadful disease, began to disappear. In the afternoon, my partner remarked that his pulse had sunk very much, and was apprehensive that our patient would go off in that way. But this was a crisis of fever that required watching, as observed before. Some spiced brandy, with sago, was useful; indeed, it would have answered every purpose of removing any dangerous lowness.

It may be said that, on the ninth day, a favourable crisis took place. As usual, after fever is gone, he made a rapid recovery.

Mrs ——— was a case of remittent, in a Creole lady, of long standing. It underwent a pretty regular course, but was complicated with hysteria, or something devilish. She was constantly finding out some sources of discontent, which she said she was anxious to throw off, but could not. At length she expressed a great wish to get a fit of weeping;—she asked my consent, which she fully obtained. In course of the day, she brought herself to that pitch; she cried outright, and shed tears abundantly. She felt much better after it, being about the seventh day, and was convalescent in a few days after.

In a pulmonic case, which was too probably that of *phthisis pulmonalis*, in Mr F. he conceived himself relieved, in some measure, by introducing a seton in his side, and keeping up a discharge from it for some time.

In Spanish Town, a considerable part of our practice was in attendance upon negro domestics, whose situa-



tion in health and disease is rendered comfortable in the extreme. It comes more particularly under my professional duty, to bear testimony to the humane attentions observed towards negroes while sick. Their proprietors live in a comfortable manner; and nothing from their tables is denied, if recommended by the medical attendant. Indeed, if any thing not comprehended within their own bill of fare should be wanted, it is immediately procured. The mistress's attention is personally rendered; but she is frequently occupied in preparing that nourishment which is conceived most delicate and acceptable to the negro.

Such is a true picture of the negro's treatment in sickness; and though, in every class of life, it is not possible to afford delicacies, it may be truly averred, that exertions are made to do the best; and that the care which negroes experience is, on the whole, equal to that of well regulated hospital establishments in Britain.

It has been already observed, that, on estates in the country, hospital establishments, though maintained at a considerable expence to the proprietor, are under an extremely bad system of management; and it is in part the object of this work to reform such defects. But when we look into the country, it is perceived that an improved system is only wanting. Large buildings are erected on estates, on a scale which might have been limited, and, at the same time, meet every purpose. Such are those of Bushy Park, in St Dorthy, and Worthy Park, Luidas, St John's.

How respectable persons can extend their exertions to condemn and calumniate their own countrymen, while thus contributing to make an unfortunate race of people industrious useful individuals, must be considered, at a future day, not only inconsistent, but in violation of those dictates of humanity, whose spirit they so grossly contaminate.

*September.*—In the first two or three weeks there were partial rains ; weather extremely hot and sultry ; sea breezes irregular ; and we had several heavy squalls during the month. On the 20th, a general rain came on, which continued for two days, with lightning and hunder.

Several cases of remittent bilious fever occurred, and went through the usual course, with little variety in the symptoms ; and fortunately no unfavourable event.

A negro wench of Mr Francis Smith's, *Caroline*, supposed to have been in her seventh month of pregnancy, became hysterical, on account of some dishonest imputations brought against her by the fellow servants. Her throat was a little inflamed ; and she complained that deglutition was difficult ; for which a blister was applied to the external fauces.

The other house negroes reproached her with an act of dishonesty ; and added a more severe insinuation in negro opinion, that she had taken some violent ingredient to procure abortion.

It appeared to me that, however guilty of the first, she certainly was not of the second. An ingredient,

powerful enough to produce so violent an effect, would have deranged the system more. It was probable that, while under a catarrhal affection, she was condemned by the other negroes on suspicion of theft from a mistress so deservedly esteemed and respected by them. She might have been guilty or innocent; but, thus reproached and neglected by her own colour, the characteristic violence of negro passions was roused. Her mistress did not forsake her; an upper servant was deputed to attend on her.

Premature labour ensued; and the child only lived a short time. A milk fever followed; and her agitation of mind continuing, it was recommended to insist on the other negroes conforming themselves to a conduct likely to soothe her. That was attended to; and, with little additional aid, she got well.

It behoves the manager of negroes to make himself acquainted with the character, disposition, and peculiarities of those committed to his charge; and, until that is acquired, it is impossible to say that these unfortunate persons are under competent superintendence. They are extremely liable to mental depression from ill usage; improper interference with their amours; the curses of those whom they consider Obi characters. And it is well known that, where depressed spirits are established in negroes, the consequences are not only fatal to individuals at first, but in too many instances extend through the greater proportion of whole gangs.

It is the duty of a medical man to avert the extension of such melancholy events. Humanity to the sufferers



should never be separated from attention to their ailments ; and, as the ceremony of making them Christians by baptism, has often a powerful effect in doing away Obi influence, it should be recommended, where their understandings are such as to place a value on it.

Mrs B. in the seventh month of her pregnancy, was for sometime liable to irregular paroxysms of fever ; but being of a delicate constitution, some hesitation arose on the propriety of bleeding her. Headache was extremely troublesome ; and *globus hystericus* sometimes came on. She was treated by diaphoretics, tonic bitters, &c. for some time, but without affording any relief. Bleeding was then resorted to ; and she lost from ten to twelve ounces, which in a few days relieved her.

The moral and religious condition of negroes must be influenced by the example of those persons whom they consider their superiors in authority, manners, and those acquirements by which education and religion have a tendency to distinguish them.

It must be admitted, that the means of religious instruction to negroes in Jamaica are yet extremely defective ; and it is still more painful to add, that the white inhabitants are culpably inattentive to public religious duties. It were perhaps well, at least in a comparative view, if that were all ; for not only is the crime of inattention prevalent, but contempt for religion is openly avowed by a great proportion of those to be met with in that country.

Negroes have naturally a profound respect for reli-

gion ; and it is only shaken, in some instances, by irreligious conduct on the part of whites. Those negroes who have conformed to Christianity, by getting baptised, are, in general, exemplary, and much improved in the principles of morality.

The propriety of matrimony is seldom impressed on their minds by the clergy or any other white persons. Indeed, the latter themselves shew the example of a libidinous course of life ; and follow that promiscuous intercourse, which can scarcely be justified in savages.

An exemplary clergy might do a great deal of wholesome service to those poor people ; but it is a just subject of concern, that though there are some clergymen exemplary in religious and moral duties, there are others who found their way to livings in Jamaica, disgraceful to the profession ; and their conduct had a tendency to bring their sacred office into disrepute.

In that church establishment there are many excellent men ; but it is expedient to bind all such bodies to extend a certain course of religious instruction to negroes, the performance of which the rector should make a declaration to, in drawing for his quarterly salary. I know one worthy gentleman, my friend, who did so ; and he expressed a great degree of satisfaction at the attention and sincerity he met with from them.

At our parish church there was a meeting on a Sunday, where persons of all colour heard a very good discourse. The people of colour behaved themselves with the greatest propriety, and went through the forms of

service allotted to them ; but the whites present conducted themselves with great indecency. The people of colour stared at them with surprise, but continuing their devout manner. Such should have served as the strongest and most severe chastisement which could be inflicted ; and, if these people had not felt a persuasion of the true and serious nature of the service they were engaged in, they might have been turned from the good path in which they were treading, to the same line of licentiousness as those who ought to have set them a good example.

The church establishment of Jamaica does not appear to have a head resident there, to controul them in the performance of their duties. For that reason, they are imperfectly observed ; and persons are sometimes admitted to hold that sacred office, who should never wear a gown. With a desire, however, to promote scriptural knowledge among negroes, it is conceived that the rector of the parish should be at the head of such an undertaking, getting an increase of salary ; and that substitute teachers should be dispersed in convenient places, under his frequent superintendance.

In a country so extensive as Jamaica, consisting of twenty parishes, a population of about 314,000 negroes, independent of whites, mulattoes, and others of free description, approaching to half a million of souls, it would be desirable to have a head of the church, with a view to clerical discipline and religious instruction. And why should not a bishopric be raised for Jamaica, with three or four thousand pounds per annum ?



But, to render effectual the establishment of religious improvement, it is impossible to do any thing, unless a becoming observance of the Sabbath is enforced. At present, it is a day of labour, marketing, exchange, and too often concluded by scenes of excess, and brutal debauchery. That system is authorized by the whites. But, until done away, and that as an introduction to Christian habits among negroes, nothing need be attempted so futile and contradictory, as to reconcile Christianity to a violation of one of our most important commandments.

Every facility should be given to a system calculated for instruction to negro youth ; and it is conceived that, without any material sacrifice of time, two or three hours might be dedicated to the purpose daily by the book-keeper carrying the keys, to whom, according to merit, some compensation should be made.

This subject would occupy an extent, which, it is to be feared, cannot be fully discussed here. But it is wished to impress the minds of the powerful, to reform the manners of white inhabitants, to make them more exemplary, to encourage marriage, to acquire respectful attention at public worship every Sunday ; and it would be praiseworthy in an overseer, or some of his book-keepers, to catechise negroes on Sunday evenings.

*October.*—Till the 12th of the month, the weather continued rainy ; atmosphere extremely close and hot ;

sea breezes irregular, in the evenings and mornings from the north.

Among white people, we had a considerable number of remittent and intermittent fevers. The former had undergone a course similar to that generally experienced, and without any unusual symptoms. None of them, therefore, have been introduced here.

A gentleman about sixty, under considerable relaxation of his system, and a disposition to dropsical swellings about the ancles, had wisely determined to go to North America, on our recommendation; and as his complaints seemed to arise only from that state, it was expected that he would return in an improved condition of health.

In the diseases of children, there is often considerable difficulty in discovering the circumstances which predispose to that state.

A friend of mine had a child, about two years of age, who had been a good deal exposed to the sun, in consequence of a negro woman, the nurse, having mistaken her road. No immediate ill effects were perceived; he was for several days well; but after that, and for some weeks following, he discovered an almost unceasing desire for food, drink in particular; yet his skin or pulse did not indicate a febrile state. General uneasiness, bad rest, and other anomalous symptoms, continued about three weeks. He then had several boils over his body, and got well. No medicine was used, but an occasional laxative.

A gentleman coming from St James's to Spanish Town, a distance at least of one hundred miles, had his infant, six weeks of age, carried along with him. A train of symptoms similar to the above case succeeded. Her voracious desire for suck and food impressed her parents that it must be a monstrous disposition in her nature. The former case having recently occurred, the history of the present one unfolded its mystery; and no medicine was administered, but some magnesia, rhubarb, or jalap, with essential oil, to correct any acrimony of the bowels.

Some instances occurred that month, where hiccup in fever, and in that stage of debility in which it is considered an alarming symptom, got well. Another case, where the stomach was in an extremely delicate state, and constitution impaired, by a tendency to dropsical complaints, that painful affection was excessively troublesome. Opiates, camphor, assafœtida, æther, and other cordial antispasmodics, were given, during six days, in the latter case, without removing the complaint. His aspect was ghastly, strength considerably exhausted; and, by persevering in these medicines, during which an aromatic plaster, with camphor and opium, to the stomach, seemed to be of great service, he gradually recovered from all his complaints.

A gentleman had been for some time labouring under anomalous symptoms of fever, pain of neck, and general uneasiness; which, after some days, terminated in a fit of gout in the extremities.

Mr H. a case of fractured tibia, about four inches



from the lower joint, was reduced immediately after the accident, and appeared likely to do well. It was a simple fracture.

Miss M.'s case was detailed in November last, as an instance of putrid sore throat. She had again had numerous small ulcers in the throat, disposed to assume alarming appearances. By timely application of remedies, she got much sooner well than before; and the affection was certainly of a more yielding nature.

A medical gentleman, of a gouty constitution, and subject to dysuria, had yielded himself to the use of opiates to a great extent. In course of one night, he took two hundred and fifty drops of laudanum, on account of suppressed urine. He had also thirty drops in each starch enema, which was administered every second or third hour.

Mr D. S.'s son, an infant, about seven months, got slight fever, which continued with considerable obstinacy for several days. His breathing was exceedingly oppressed, disposition to suck gone, and severe retchings were frequent, without bringing off any thing likely to prove a source of disease.

That gentle vomiting material, ipecacuanha, given in small doses, with squill, was likely to act more effectually, either to relieve dyspnœa, or to remove, by vomiting, any source of disease. A good deal of dirty crude matter was rejected, without distressing him much; a blister was put to his stomach; a mixture of magnesia carbon and rhubarb, with a little spirit of nitrous

æther and antinomial wine, opened his bowels ; and he recovered in course of a few days.

Though vomiting, in the case of children, may be sometimes necessary, it is a caution that ought to be firmly impressed on the minds of parents, that though there is greater convenience and ease in giving the solution of tartarised antimony, they should never administer it without the consent of their medical attendant ; and he is only capable of regulating it, so as not to do permanent injury on some occasions.

To civilize negroes, while instruction is conveyed to them, so as not to introduce licentiousness, is an object which every candid and honest mind should be anxious for. It is manifest, that the rational culture of their minds is perfectly consistent with their circumstances as labourers in the field, or in any other industrious pursuit. If I may judge from those characters of better information among negroes, they always appear to be the most dutiful and trusty description of labourers, and deservedly enjoyed the confidence of their superiors.

It was for some time apprehended that the revolutionary example of St Domingo would be fatal to our system of policy in that country ; and, at first, it must be admitted that alarm was excited in the breasts of many. Time, however, developed the delusion ; for it is certain that the communication between blacks of the respective countries was kept up. It was known to our negroes that, though nominal freedom existed there, their lives were at the disposal and caprice of chiefs,

savage in their natures, and regardless of making such sacrifices.

*November.*—Moderate rains during the month ; north winds prevailed at night, and a good deal during the day.

Some cases of catarrh passed into a pneumonic state ; children were severely affected by it. Remittent and intermittent fevers frequent.

Mr T. P. M. had been long subject to gouty paroxysms. His stomach sometimes became the seat of attack ; and, on that occasion, the usual remedies of camphorated æther julaps, tonic infusions, stimulating rubefacients to the extremities, blistering the pained parts, mustard vomits, opium, &c. were used, without advantage. He became tympanitic ; and he died on the succeeding day.

In Mrs D.'s son, a case of *cynanche trachealis*, or croup, was presented. He was about seven years of age. Repeated vomiting was kept up by small doses of ipecacuanha ; the throat was blistered ; and calomel introduced in small but frequent doses. In course of three days, sixty-five grains were taken, when a favourable change commenced, and he recovered.

In the case of a negro, who cut his throat, where considerable hæmorrhagy succeeded, many styptics were applied, without success. No large blood-vessel was injured ; but it resisted every attempt, until finely powdered gum guaiacum, in spirits, suppressed it.

Mr S. carpenter, at Ellis's Caymanas, had remittent



fever for a week before I was called to him. He was found free of fever, had a tranquil pulse, skin natural, tongue rather white, but not loaded; his bowels had been opened by medicine in a proper manner. I remained with him some time; and he conversed in a rational manner. Soon after, some laxative medicines were sent to him, and an opiate at night. On my next visit to the estate, my astonishment was great to hear of his death; and, on inquiry to discover its circumstances, found that the unfortunate man had got hold of some new rum, of which he drank to such excess, that he fell into convulsions, and died.

The above is a deplorable case; indeed, one of aggravated suicide; and must be reflected on with horror.

One of the St Domingo chiefs, Christophe, has established an authority of the most barbarous and cruel nature, worthy of such a character as he truly is. Lives are sacrificed at his command alone; and the poor negroes have neither security for life or property.

General Petion is a man of different character, of a fair brown colour, who raised himself to the rank of colonel, in the French army, before the revolution. It is said that he is distinguished for a moderate and conciliatory disposition; rules with equity. Lives and property are secure under his government.

When we reflect on that abominable establishment of Christophe's, and contrast it with the benign protection afforded to negroes in Jamaica, in their lives and properties, can we see with less than indignant feelings

the lavish epithets of approbation bestowed on him by some of our legislators and newsmongers ?

It is highly creditable to the sagacity and disposition of negroes in Jamaica, that they fully appreciate the value of their superior condition. And, indeed, they have reason to do so, comparing their circumstances, either with relation to that they hold in Africa, or could do in any country where they become the property of others.

These facts have a tendency to establish a truism, which cannot be too deeply impressed on home legislators, who have no local information to guide them, That, if officious would-be friends to humanity, legislative or associated, would leave negroes to their own judgment, and to improvement by the wisely formed legislative resolutions of their own colonial assemblies, they would be a happy people, attached to their proprietors, and leading on this course of existence without insurrection or discontent. But, on the other hand, we have every thing to fear in the colonies from an unceasing interference with the condition of their negroes.

*December.*—Experienced much the same kind of weather as last month ; somewhat colder, and winds more from the north.

These north, or land winds, particularly predispose those of standing in the country to intermittents, bilious affections, and obstructions to the usual passages of bile

to the intestines. Hence a foundation is laid for hepatic disease, so universal in that country.

When north winds prevail, with humidity, we find that meat becomes putrid sooner than in much hotter weather, when regular sea-breezes set in.

That north winds have a peculiar exclusive power, more than that of cold, in producing such effects, experience must convince any man. These winds pass over a large tract of woody marshy country, where, at that season, there is an immense decomposition of animal and vegetable matter constantly going on. That the air inhaled is impregnated with such unsalutary materials cannot be doubted; and it appears to me, that they are the more obvious sources of unhealthiness.

The diseases prevalent were remittent and intermittent fevers; catarrhs, which seemed to be epidemic; but I knew of no fatal consequences from them.

A gentleman, lately from England, but who had been sick before, was much exposed to the sun in doing militia duty.

On the 24<sup>th</sup>, complained that he felt rather unwell for some days, while exercising in the ranks, exposed to a hot sun. He had severe headache, general pains, particularly across the eyes; was costive; pulse ninety-eight, and rather small.

Brisk mercurial purges were taken until they had copious effects.

26<sup>th</sup>.—Fever continued till the morning, and then



remission became imperfect ; mercurial and antimonial medicines continued.

27th.—Fever fully intermitted in the morning ; and he felt his gums sore. In the evening, pulse more frequent, and not so easy as he had been during the day.

28th.—Headache during the night, and did not rest well ; took a laxative, and continued bark.

29th.—Much better ; and continued to recover after that date.

This case affords another instance of the security which we have in fevers, when mercury produces an effect on the gums. On this occasion, it was more an accidental circumstance ; for the fever by no means appeared to me of that urgency which required active measures to produce ptyalism ; yet it is more probable that, had it not been for the gum soreness, it would have gone through the usual course of ten days.

The fevers of new comers are either the pure yellow fever, consisting of one paroxysm, and a subsequent stage of extreme debility, which more commonly terminates in death ; or they are of the remittent bilious description, in which imperfect remission, and repeated attacks of *causus*, go on for from eight to ten or eleven days, the symptoms considerably blended with pure yellow fever.

These two varieties of fever have been noticed as cases occurred to introduce them. The former is of rare occurrence, happily ; but the latter has frequently become the subject of observation. It is fortunate that

Europeans are not subjected a second time to these fevers under such malignant symptoms. It would appear that, to assimilate an European system to a tropical climate, it has a necessary change to undergo, which is effected by that fever, so often the termination of existence ; and though, in future residence in that country, there are various exciting causes of fever, such as organic obstruction, hepatitis, &c. they are not again subjected to the same malignant kind of disease.

J. S. a brown man, middle aged, had perineal swellings, in consequence of strictures in the urethra. Urine was passed in a dribbling manner, and a part evidently lodged in the cellular substance. The swelling extended itself to the scrotum ; the penis was partially affected. In course of a week, urine escaped altogether by an opening which formed in the perineum. A large portion became gangrenous and sphacelated, without materially affecting his general health. In six weeks, the parts were filled up ; and the operations of nature were astonishing, in forming the urethra, with scarcely any aid, but to avoid interference to her work. The man recovered, and was not afterwards troubled with strictures.

The external applications in his case were poultices, prepared of pumpkin, bark, tincture of myrrh, and opium, fomentations of camomile decoction ; bark, wine, &c. were freely given internally ; and his system well supported by nourishing easily digested food.

Some alarm had been excited that month on account of an alleged intention of rebellion by the negroes of St George's, St Thomas in the East, and Portland.

The militia were partially called out ; and guards placed in situations where they could have become effective on a short notice.

It has been asserted in a publication lately, that the whites of our colonies are constantly in apprehension of assassination from negroes, owing to the system of oppression exercised against them. Such an observation can have no other tendency than to cause that which has not yet occurred ; and to imbibe hostility to the whites, which may end in the destruction of our islands and their white population. Those statements are founded in ignorance, which should make their authors forbear to hazard remarks on them ; for no people in the world, it is believed, sleep in their beds with less reasons for apprehension than in Jamaica. The houses are open ;—negroes sleep in them ; probably within the doors of bedchambers ; and in no country of such a population are crimes of that description less known.

So far the reverse of rendering the condition of negroes better, it will be the result of deliberate inquiry, that those who profess a desire for entire emancipation to them, are their greatest enemies. Unfortunately for the state of their minds, they do not foresee the delusion. Insurrections will most probably ensue,—negroes, whites, properties, &c. will be destroyed. And let those who are the authors feel those reproaches which conscience will compel them to do.

*January 1807.*—Dry weather until the end of the month, though, in the mountains, there had been abun-



dant rains ; cold north winds, which were most acceptable to the European lately arrived ;—to the valetudinarian of long residence, they convey a sense of chill and ague ;—if mountaineers, they are often advised to remove to the lowlands to avoid them.

Though fevers had been pretty frequent, it is satisfactory to remark, that they were not accompanied by those symptoms of malignancy which so generally characterize them.

16th.—Mrs ———, a lady about nine months from Britain, had given up nursing ; and symptoms of fever ensued. After returning from an evening party on the 15th, she felt chilly ; it was succeeded by rigor and smart fever ; distressing irritability of stomach, severe headache, flushed countenance, pain of back and loins ; skin soft ; belly rather bound. A grain and a half of opium was given to compose the stomach.

Ten grains of calomel, and as much of jalap, in six pills ; three to be taken every hour and a half till they operated.

At night, after the opiate, stomach retained the pills ; but no effects were produced in three hours after, not even uneasiness in the bowels. An infusion of senna was therefore prescribed.

19th.—Laxative medicines operated abundantly, and immense accumulations of bile came away. Felt a great deal better in every respect ; fever remitted ; headache easier. A bark decoction, with cinnamon, spirits of nitrous æther, and antimonial wine. A claret glassful every hour, while free of fever.

At noon, continued better ; pain of back and headache, though somewhat relieved, still uneasy. Pulse calm and regular, tongue clean, thirst moderate, skin moist. A dose of the laxative infusion repeated ; and took a scruple of bark in powder with each dose of decoction. The temples and forehead ordered to be frequently sponged with cold water and vinegar. The laxative infusion repeated *pro re nata*.

At night, about four P. M. had some slight symptoms of fever, preceded by rigor ; it went off in a few hours by profuse perspiration. Asked leave to take an egg, which she particularly fancied, and took with appetite. She continued after that to recover.

*John Walters*, an old negro man, belonging to Mrs Maclean of Russelhall estate, St Mary's, had been under my care occasionally for two years. His complaints for some time were supposed to be rheumatic ; under former anomalous attacks had been treated accordingly ; but the paroxysms at length terminated in a regular attack of gout,—a disease of more frequent occurrence in negroes than our well-wishers in England are disposed to allow.

The instances we meet with of a disease which generally proceeds from good and luxurious feeding in negroes, will not by any means seem extraordinary, when we consider the abundant resources enjoyed by them for food of the best kind.

An industrious, and an indolent good-for-nothing negro, as such are termed, have domestic establishments of a very opposite description. The former has his

house, consisting of two or three neatly fitted up apartments, in admirable order; he has his poultry, hogs, and every other necessary of life in abundance. His board is laid out with neatness; and a plentiful dinner is brought to him, with various seasonings, such as our Jamaica pepper, or allspice, the Guinea peppers, or capsicum, &c.; by which means he lives on good and highly seasoned food. We can scarcely suppose that they have gouty symptoms as an hereditary disease. Therefore, let it be remembered, that to this disease negroes in the West Indies are liable.

Indolent good-for-nothing negroes, as the better sort call the useless, lazy, and dirty description, are often to be found in the West Indies. They must be maintained by the proprietor; for many of them would sooner starve than work.

Emancipation should be duly weighed with these associations, so frequent in their dispositions. And it is also worthy of consideration, that indolence is prevalent among negroes, even so much so, that if they were left to their own free wills, uncontrouled by wholesome laws, which encourage industrious habits, and their own comforts, it is certain that they would become idlers, plunderers, and a description of people that would again return to barbarism.

As they are at present, though the steps be slow and progressive, an advance is making to a state which will place them in a higher sphere among human beings. But if this is attempted by an abrupt, premature, and unwisely considered train of measures, those well in-



formed, and acquainted minutely with that condition of life best calculated to the present state of negro minds, will foresee but too truly the scenes of horror most likely to ensue.

A negro woman, *Sukey*, had been indisposed for several weeks in a state of pregnancy, and was delivered of a living child, after short labour pains. She had slight symptoms of fever afterwards, of a slow remittent kind, which did not indicate any thing like puerperal fever. Headache was exceedingly troublesome; which induced us to shave it, and put a blister to the part, and another between her shoulders. She confessed that considerable relief followed; and she was going on, as we supposed, pretty favourably, when, at an evening visit, Dr Rennalls discovered a great collection of ants about her back. They had penetrated deeply into the fleshy parts; and their characteristic industry renders it extremely probable that they had reached the spinal marrow, or some vital part, for she died next day in convulsions.

It is just to remark, that we met with instances, though very rarely, where medical attendance was not bestowed on negroes with a liberal hand by their proprietors. Yet nursing, that material part of duty, is sometimes neglected. It was probably the cause of such an event as above related; and it is to be regretted that an instance could be possibly adduced, so properly coming within censure.

Though army affairs were not strictly within the sphere of my duty, it was impossible for a mind, hav-

ing such objects in view, to look silently at occurrences and events which so deeply involved humanity, without noticing a subject so interesting.

It has always appeared to me, to behove good citizens to contribute, by every means in their power, to the welfare and comfort of our soldiery in that climate. Their circumstances are very different there; and the dangers they undergo, from occupying unhealthy quarters, particularly if proceeding from sources which can be removed, attach blame of that sort to the government and the people, which every good man must reprobate.

When it is reflected that, two years before, a nuisance remained for a considerable time to contaminate the air which the men must breathe in Spanish Town barracks, consisting of stagnant waters, and every impurity thrown from them, owing to no drain being formed to carry it off; when we reflect that the 85th regiment lost almost all their men within twelve months; that from that time the same barracks received the 18th Royal Irish, who suffered daily by a similar train of destructive disease,—it naturally fell to the share of a medical man, often driving past these barracks, nearly choked by the foulness of its atmosphere, to attribute such an extent of fatal disease to a cause so manifestly productive of malignant fever, dysentery, &c.

The barracks are placed on a flat piece of ground, most commonly swampy to the Race Course side, consequently forming a collection of excrementitious and other offensive material in a hot climate, on account of

having no drain, which proved an unceasing cause of disease to these unfortunate men.

The 18th, Royal Irish, occupied these barracks; and the work of destruction was going on. The fatal *causus*, or yellow fever, had made dreadful havock among them. In those of older standing, typhus had been met with, as they had been in the West Indies before, and not subject again to the endemic, acting peculiarly on Europeans who had never undergone disease there.

The surgeon informed me, that the unhealthy circumstances of an hospital within the walls of such a barrack, induced him to apply for the old theatre as an hospital. For he observed that, even in those rare instances where the soldiers recovered from fever, intermittents fixed on them. Organic disease and visceral obstruction followed; so that, if they did live, it was in the next place necessary to send them home as invalids.

After the hospital was changed, the success of his practice had been much the reverse of what it was formerly; and though his patients were numerous, he had the satisfaction to find many of them turned out, with those promising symptoms of convalescence which we observed in private practice.

The unhappy circumstances in which soldiers wives are placed, by the combined hostility of climate, quarters, &c. point out the most powerful reasons for recommending that, when a regiment embarks for the West Indies, a very small proportion of women should only be allowed to accompany the men. This observation proceeds from the author's having witnessed so



many miserable objects of that description in Jamaica, reduced to so pitiable a condition, that he conceives description to be impossible ; and it shall not be therefore attempted.

But if my assertion be admitted as to soldiers wives, and I declare it to be made on motives of humanity, it is not less expedient for the preservation of lives, and to prevent sad examples of misery, that no children should be permitted to accompany a regiment to the West Indies.

It has been mentioned, as a matter of extreme regret, that whites on plantations, estates, &c. conform themselves to illicit habits and intercourse with female negroes, which are inimical to that good example likely to impress negroes to conform to moral and religious improvement.

Newly arrived from Europe, young men feel disgusted at the idea of intercourse with these sable females. But a particular friend of mine mentioned the following circumstance.

A young gentleman of extremely prepossessing manners, and superior appearance, arrived, and was placed at my friend's disposal. He expressed himself with great horror of the black women ; but was teased a good deal on the probability that he should soon be provided with one. On all occasions, he expressed himself with great disgust ; and declared the impossibility that he could ever be so reconciled to them. He was soon after sent to an estate as book-keeper, a previous bet being laid, that, within three months, he would have a

black mistress. In about that time, my friend visited the estate at a later hour than usual, and, among his first inquiries, requested to be brought to the young man's bedside. He stript him; and beheld, laid alongside of him, a pure black female, the companion of his bed and affections.

This is given, as an instance how easily such objections are subdued, when we see examples before us, of persons under whose authority young men are placed, dictating, by the most persuasive means, that of example, to do so likewise.

*February.*—Throughout the month, had enjoyed moderate weather; norths, neither so cold or squally as they had been for some time before; rains, during the first weeks, served to support reviving vegetation; but for the last two weeks we had none.

Few diseases prevailed. Catarrhal affections frequent, but nothing unusual had been discovered in them; and none proved fatal.

Mrs —, in her third month of pregnancy, complained much of frequent irritability at stomach, sometimes bringing up large quantities of viscid bile. Her bowels were exceedingly disordered, disposed to costiveness; at other times in a state of diarrhoea. A considerable heaviness and pain was troublesome to her, extending from the *scorbiculis cordis* to the pit of the stomach, attended by palpitation of the heart. Fever was so inconsiderable, that it scarcely deserved notice.

We endeavoured to soothe the stomach by gentle

evacuant remedies. To carry off any increased secretion of bile, opiates, magnesia, æther, &c. were ordered. But the case is more particularly introduced, to mention how difficult it is to reconcile the use of blisters to a state of pregnancy. Much mischief had been known, where we had been called in at a late period ; but, in almost every case where they were inconsiderately used, the result was unfortunate ; abortion took place, and the patient was left in a state of great debility.

Finding that the oppressive uneasiness of her chest did not yield, it became necessary, for her relief, to run some risk ; and a pretty large blister was placed to the part. Caution was observed to obviate strangury, and to prevent increased uterine action, by opiates, anodyne enemmas, camphorated julap, with an increased proportion of gum acacia. The event did not prove injurious to her situation ; the pain of chest and other symptoms vanished. With due attention to her bowels, bark and wine were used with much advantage, in affording her sufficient strength to go through pregnancy with safety to herself and the infant.

These cases of pregnancy, wherein irritability of stomach continues a symptom, with little remission, had been shewn in very distressing circumstances. Four cases occurred ; and, though much had been tried, where no organic disease existed, it was better to change the scene,—to endeavour to amuse the mind,—and to resort to sea-side situations, where the atmosphere was of a more pure and salubrious nature.

It is astonishing how much a female in pregnancy



can suffer with an irritable stomach. When we can scarcely discover that food has been retained to sustain nature in any shape,—while empty retchings are exhausting strength, - we will sometimes find females going on with this irritable state of stomach for months, without abortion; and no period to their sufferings, until the natural time of labour has arrived, when they terminate with a safe delivery.

In a few cases, we had reason to believe that, if irritability of stomach came on some time before quickening of the *fœtus*, it often ceased when that change was experienced. On the other hand, when irritability of stomach was not observed till some time after the *fœtus* quickened, it generally continued more or less till labour came on.

In the immediate vicinity of Spanish Town barracks, a brown boy, T. M. F. was affected with fever, which, from local circumstances, then stated, assumed symptoms of *typhus* fever, protracting itself to the 15th day. My own feelings were similar to those felt by a person contracting febrile symptoms from a foul and noxious effluvia. The patient's situation was unpromising, and not likely to yield while breathing such an element. On his account and my own, it was insisted on that he should be moved. A favourable change soon ensued; and he got perfectly well. The sensations felt by myself were removed by some laxative medicines and bark tincture, and not diminishing my daily allowance of Madeira wine.

Mrs ———, a lady, under considerable pains, and

restlessness, was prescribed an anodyne draught, which was sent to her regularly labelled, to be taken if necessary. After bed-time, her husband retired; but was called soon after, on account of her being under considerable uneasiness.

Unfortunately, in the same room where Mrs ——— lay, it had been customary to have a phial with laudanum, without her husband's knowledge. It was considered adviseable to give her the anodyne draught. He saw a phial wrapt up like a draught in the window, and poured out its contents, supposing it to be the same, which she hastily swallowed, remarking, that it must be a strong one, from its taste. The sensations which followed were, at first, of the most pleasant description: she kept awake, and said she felt as if in heaven; and intreated those persons in the room to leave her alone, that she might enjoy better the pleasing imaginations she felt her present state capable of conveying. That condition may be said to have continued from two to three hours, when most violent thirst, which could not be allayed, was unceasingly complained of; her senses became confused; she could not sleep; and, after a little time, had some peppermint given her in common drink. She vomited soon after; a wild expression of countenance followed; and little vomiting for about two hours. Her attendants conceived it probable that the draught was too weak; a search was made for the laudanum; when, to the confusion and consternation of all, it was found that the draught was yet entire, and the lauda-

num phial emptied. A dreadful discovery was then made at a distance of six hours after, by which it appeared that about six drams of ladaunum had been taken.

At three in the morning, my assistance was called for. Found the lady sitting up in bed, under a sense of dreadful horror at her own situation, considering her case as hopeless.

The expression of her countenance was haggard, and full of horror: its natural aspect was gone; eyes staring and sunk. She complained of a sense of prickly heat all over her body, which induced her to make great efforts to scratch herself. Pulse languid, remitting, and about forty-five. An emetic of ipecacuanha was at hand; but, after giving about a dram, I hastened to procure some sulphate of zinc. On giving a scruple of it, vomiting was excited. She brought up the copious drinks she had been taking, from which an opiate vapour issued. After the most rapid and full effects from vomiting, an absorbent mixture, consisting of calcined magnesia, was given, to act on her bowels; which was materially promoted by drinking lime juice frequently, with strong coffee. Cathartic enemata of considerable power were thrown up frequently, and some aloes, with calomel, by the stomach. Stools were procured at an earlier period than could have been expected; but there was little of an offensive nature in them. Disposition to convulsive syncope succeeded, which was obviated by frictions with capsicum, and cata-



plasms of a stimulating nature to different parts of her body.

Four in the morning.—Pulse much the same; general appearance not improved; constant watching and rousing were necessary to keep her awake; and, in defiance of the greatest vigilance, by roughly jostling her, we scarcely succeeded. The coffee and lime juice seemed to contribute much to her being kept awake. Vomiting came on sometimes; and it appeared to be an useful stimulus to prevent falling into a comatose state, which was immediately followed by convulsive movements of her body, and would probably, if she had been permitted to sleep, have passed into epilepsy and death. The crawling itchiness over the surface of her body continued; skin partially warm; pretty strong snuff, when willingly taken, could not produce sneezing; nor could she say that the inner membrane of the nose was at all touched by it. An open state of bowels was kept up by occasional doses of a mixture of Glauber's salts, and, when necessary, pills of the extract. colocynth. comp.

Six A. M.—Vomiting occasionally returned; belly in an open state; comatose disposition rather abated. In any attempt to speak, she was often overpowered, her eyes closed, and she recovered herself apparently by a convulsive effort. Pulse about seventy, regular, but feeble; skin more uniformly warm.

Eight A. M.—Comatose disposition continued, but to a less extent; countenance better; vomiting recurred

less frequently. Rhubarb pills were prescribed to operate gently.

Ten A. M.—Some natural rest, and was considerably better.

She might be considered out of danger from that time. Evacuations from the bowels, so soon after the operation of sulphate of zinc, were extremely fortunate; and it is probable that, by the extension of its powers to the intestines, that salutary effect was produced.

In the treatment we followed, where a narcotic poison had been taken, it has been considered a wise plan of treatment to mix a red earth, common there, with water, and to drink it *ad libitum*. As its operation, if deserving of credit, is only as an absorbent, the carbonate of magnesia was preferred in the above case. Its effects were probably assisted by the citric acid; for stools were procured within an hour after it was prescribed.

Coffee, possessing such a power of raising the spirits and preventing sleep, was used, for obvious reasons. But what a state must we imagine the nervous system to have been in, when, in a fine young woman, who had never used snuff, frequent large pinches of a strong kind had no effect on her whatever?

Accidents, such as the one detailed, are of such frequent occurrence, that we would expect some cautions to remove the risk of them. If laudanum will be kept in families, let it be put up in a phial of peculiar shape, and let it not be out of a private place. It is too true that, while such a circumstance is recent, the impression

is viewed with that terror to be expected ; but such is the inconsistency of our natures, that the thing is soon forgotten, and ceases until another case gives occasion for deploring such culpable remissness.

Mrs ———, an old lady, of Spanish Town, from seventy to eighty, possessed a most acute recollection of past and present events. Her eye-sight was unimpaired ; she did not require the assistance of spectacles ; but had been lately subject to *vertigo*, which, in her otherwise active state of body, exposed her to some severe accidents. She suffered a confinement of several weeks to her bed : During that time, it was observed that her pulse did not exceed thirty ; it sometimes intermitted, and she had several faintings. Her tenacity and anxiety for life continued. She took the sacrament ; and it was expected that she would not much longer survive. But, on the contrary, she became more cheerful, and expressed peculiar satisfaction in relating a lively and amorous dream she had the previous night.

That old lady, with a pulse such as mentioned, recovered a good state of health for some time after.

Longevity among negroes is common, particularly negro women ; and there was an old lady in St Thomas in the Vale, Mrs ———, that had exceeded her hundredth year.

*January 5th.*—*Mary*, a negro, belonging to Mr ———, about twenty-three, under obstructed catamenia, had a bloated appearance ; deficiency of red blood, as we have already shewn, is observable in the inside of the lips, eye-lids, tongue, &c.

She complained, for several months, that her strength



had been considerably diminished; and the general statement of symptoms clearly pointed it out as a case of *mal de estomac*, or stomach-evil.

Of gum assafoetida and myrrh each one dram, sulphate of iron two scruples, made into a mass for forty pills. Three were ordered to be taken at three different periods daily, drinking after each dose a wine glassful of weak infusion of gentian.

12th.—Diet had been particularly adapted to afford that sustenance to the system of which it was so much wanting; and, as she had been brought from the interior, it was much better than any she had been accustomed to. She improved a little, but was disposed to costiveness. Take of socotorine aloes one scruple, calomel six grains, made into six pills; three to be taken early of a morning, when necessary.

Of compound powder of ipecacuanha two drams, camphor thirty-six grains, in twelve doses, one every night.

16th.—The stomach affection not abating much, a blister was applied a few days before, and she was much better; looked healthier; continued medicines.

31st.—No change in treatment since the 16th; and her general health considerably improved.

February 10th.—An infusion of lignum quassiae had been substituted in place of gentian. She continued better.

12th.—Cataminia returned; they were preceded by slight feverish symptoms, and pains of the lower belly.

28th.—Continued to recover.

*Bacchus*, a negro of the Angola country, belonging to the same gentleman as Mary, came along with her for medical aid, labouring under similar complaints, and was put on the same course of treatment. It was suspected to be more of a wormy nature ; in which we were mistaken.

These cases were much aggravated, on account of Obi impressions which had unluckily laid hold of their minds. A particular terror against returning to the mountain, where these superstitious apprehensions were formed, seemed to gain possession of their minds. It is absurd to reason with most negroes on a subject of that kind ; and very often, on grounds we cannot fathom, they will not discover the individuals they have an Obi dread of. On that occasion, Mr ———, though a worthy and humane man, was so unlucky as to lose many negroes on his mountain plantation, from whence these two negroes had come. The deaths of shipmates and companions depressed their minds ; disease was formed of that peculiarly destructive kind. Change of scene, good diet, and occupations fitted to improving strength, would have given a very probable chance of recovery ; but they viewed with horror a return to that place from whence all their miseries proceeded. As both got better while in Spanish Town, it was recommended strongly to Mr ——— to let Mary remain there, at hire, to see how *Bacchus* would get on after he returned to the mountain ; but it is believed that, owing to his circumstances, it could not be done. Both

relapsed, in a few weeks after they were sent home, into their former complaints ; and the event could not be doubted.

Mr C. a wild Irishman, fell out of a gig, in consequence of attempting to turn a corner too suddenly, and fractured his thigh about the middle part. His spirits did not forsake him ; and, unconscious of danger, he could not be persuaded to lie quiet. The fracture was simply across the bone ; but, about the head of it, there appeared to be a good deal of contusion. On the following morning, though his thigh had been properly placed the night before, he was found at one side of his bed, his broken thigh loose and crooked, extended out to the other. He was in high spirits, and laughed heartily at this exposition of himself.

The lymphatic glands of the thigh were much enlarged ; great fullness and tension were also consequent to such imprudence ; so much so, that it was doubtful whether fluctuation of some fluid could not be discovered. It fortunately turned out that the swellings could be dispersed ; but he had several accessions of fever, attended by excessive secretion of bile ; his skin became yellow ; and brisk purgatives were administered. Very much owing to himself, his case was extremely critical ; and, unless he had possessed a healthy vigorous constitution, it is probable that his first night's act of imprudence would have cost him his life.

His treatment, it may be expected, would commence with blood-letting ; but, though hardy in constitution, he held an insuperable objection to that operation, on



account of an accident that he said had happened to him in earlier life.

He was kept as low in diet, &c. as he would permit us to do. Cooling laxatives were frequently taken, diaphoretics, and opiates. The swelled parts were moistened occasionally with saturnine solution and vinegar.

Practitioners in the West Indies labour under a great disadvantage, by not having leeches in that country. They have been sent there at a great expence ; but they soon became sickly, and perished.

A gentleman of considerable vigour, both of body and mind, was seized by an inflammatory complaint, for which he was advised to lose blood. Aware of the propriety of such a step, he prepared himself to submit to the operation ; got his arm tied up ; and, when a puncture was about to be made, he fainted. In a complaint, for which bleeding was too freely used, at an earlier period of life, he was so much weakened, that dropsical symptoms followed ; and, after critical circumstances occurring, he made a narrow escape from a disease so commonly fatal. From that time, he had held an invincible objection to bleeding. Though his fortitude was fully equal to that of most men, and he was anxious to subdue any prejudice against it, there appeared to be a fixed and insuperable horror against it, which it was difficult, if not impossible, to unfold.

A brown woman, of independent income, and who was once respectable in life, became so habituated to

excessive drunkenness, that her intellectual faculties, which should have distinguished her from the inferior order of beings, were gone ; and the only relick left was an infirm diseased frame, which, in the extreme of debility, acted on by ardent spirits, brought on epilepsy. Her breathing had a fiery *fætor* ; and it is probable, from the corresponding state of her stomach and bowels, that abrasion of their coats was partially taking place. She was in a miserable state ; and it was expected could not last long.

In December last, it was observed that unfavourable dispositions were manifested by certain negroes in some parishes. It had been discovered that they were formidable ; and their intention was to extend a disposition to outrages to other parishes at a greater distance.

On such occasions, we often see the fortuitous circumstances which unite to ward off a great evil. An overseer, much regarded by negroes on the estate under him, was warned to leave it by one of them concerned in a projected insurrection. He obeyed the summons ; and immediately gave information to the *Custos* and Magistrates. Such measures were promptly adopted as secured the peace of the island.

On that occasion, the Lieutenant-Governor exercised a prerogative to send off the island two negroes, Adam Williamson and Anthony Gutzmer, men acquitted, after trial for life, but considered by the Privy Council improper persons to be permitted to remain in that country.

These two men had considerable influence over the minds of the other negroes. Our worthy Lieutenant-Governor, Sir Eyre Coote, on recommendation of the Privy Council, had them committed to jail. Some weeks after, the deputy-marshall was sent for by Sir Eyre about twelve at night. A party of about thirty soldiers was ready at the jail door, and he was ordered to carry off those men to be shipped at Port-Royal. If this business had been conducted in any other manner, a great commotion would have been raised, productive of consequences which it was impossible for us to conceive without horror.

These two men belonged to Spring-Garden estate, in St George's, and were *head* persons on it. The property excels almost any other, in the comforts and luxuries bestowed on negroes; and the inference naturally is, that though men, such as negroes, should have comforts, they ought to be preserved in consistency with their circumstances and station in life.

Anthony Gutzmer held the place of head driver,—was well clothed,—had his horse or mule to carry him about the estate,—and his house was not inferior in comfort to the overseer's. He was respected by the whites, and treated with great consideration. Among negroes, he was looked up to as that next to white controul. His situation was certainly an enviable one.

Adam Williamson was head watchman on the same estate; and it is sufficient for persons who have been in the West Indies to know, that he was permitted to assume the name of a highly respected Lieutenant-Go-



vernor. He stood in as great estimation as the other ; and had been as kindly treated by the whites who superintended him.

By prompt and decisive measures, the island was thus preserved from all the horrors of insurrection, in which white persons were to be first sacrificed, excepting some females, who were to be preserved for libidinous purposes, and to be advanced to royal titles.

We had much to admire and esteem in such an acquisition to the island as the family of Sir Eyre Coote. In him we had a most pleasing man, and energetic governor, who seemed to feel an affection for the people ; and that disposition was reciprocal towards him and Lady Coote.

Too much consideration cannot be given by the mother country to the appointment of governors to that island. They should be men of considerable talent and experience, fit to meet the exigencies which may possibly arise under a constitution so formed, menaced as it is by external foes, more dangerous than our internal enemies.

*March.*—No rain during the month until the 30th, when a few showers of little consequence merely laid the dust ; heat had been severe ; scorching dry breezes ; every vegetable production almost arrested in its progress ; water had become scarce, which bore particularly hard on labouring cattle, or those occupying pasture grounds.

Few acute diseases appeared ; and of remittents two or three only. The regularity of sea breezes had contributed to such a healthy state.

*Jane*, a mulatto woman of Mrs D——'s, got remittent fever, which was protracted to the 15th and 16th days. Her constitution was extremely irritable. She menstruated immediately before the favourable crisis took place.

A case of ascites and general dropsy occurred, in which we had been trying every remedy likely to give the patient relief, but in vain. *Digitalis* produced uncomfortable sensations, without doing any good.

Major H. apparently not under fifty, was taken extremely ill with a bowel complaint, assuming some appearances of dry belly-ache. He was attended by Mr Rocket, deputy inspector of hospitals ; and he requested to be assisted by my advice. He was found in extreme pain, extending generally over the abdomen, but more particularly near the umbilicus ; a horror of his own situation so often accompanying dry belly-ache ; bilious vomiting, and empty eructations, were extremely annoying ; and he cried out loudly from pain.

Opiates were given freely to allay spasm, while enemas of soap, with opium, were administered to invite natural action of the intestines. Camomile fomentations over the abdomen were constantly attended to, pediluvia, &c. In five or six hours he was considerably better ; and began to have relief, from the functions of his bowels being partially restored. He insisted on getting into a carriage, to drive off to Fort-Augusta.

As his determination was decided, instructions were given how to proceed with medicine, and he got well.

Mr ———, a gentleman who had mercantile concerns, and became unfortunate, on account of a combination of circumstances, in which he could not acquit himself of dishonour to a near relation, involving his friend in ruin, took desperately to that destructive consolation which the bottle affords.

That property, more properly belonging to his creditors, was fraudulently made over to one of those women with whom white people form an early connexion after arriving in that country.

Possessed of a strong constitution, his life was prolonged a considerable time before the work of destruction was effected ; and he presented, during existence, an example of degeneracy, deserted by his friends, which ought to impress every individual with a dread of doing any thing that can have a tendency to bring on such habits ; and to avoid them, as he would desire to evade hell.

Armstrong, in his pretty little poem on health, says,

We curse not Wine, the vile excess we blame ;  
More fruitful than the accumulated board  
Of Pain and Misery.

In some cases of *mal de estomac*, an infusion of *lignum quassiae* was made pretty warm, with capsicum, and seemed to be of service.

Ipecacuanha was also administered, combined in



small quantity with other remedies in common use ; and that medicine seemed to promote the healthy secretion of gastric liquor, so deficient, and forming so unyielding a part of the disease.

Camphor, as a grateful stimulant and cordial, was frequently combined with ipecacuanha ; and pleasing effects had been observed in cases of extreme debility.

A gentleman of my acquaintance in the country, stated, that, of thirty negroes, his property, he lost nine of them within twelve months by that disease. And it is not uncustomary for whole gangs to be progressively destroyed, when the complaint has been once introduced among them.

The case of *Kitt*, a negro, was one of tetanus, more protracted than any we had before met with.

On the recommendation of Dr Mais, tincture of cantharides was given to produce strangury ; pulse was raised, and spasmodic rigors were aggravated. On the eighth day of attack, catarrhal symptoms pointed out the propriety of discontinuing cold affusion. The warm bath was tried, succeeded by amber, oily and anodyne embrocations, directed along the cervical vertebræ, spine of the back, and loins. On the 12th, musk was freely administered. About the 24th, rigors had subsided, though his countenance was yet tetanic, and tension of the teguments of the abdomen still continued. He was extremely reduced ; but, in other respects, better than could be expected, after a disease so severe and continued.

Tonics, as bark in different shapes, were particularly

indicated ; his diet of a nourishing light kind ; and at least a pint of Maderia wine was given daily, from his master's stores, the Honourble P. Redwood, Speaker of the House of Assembly, and since that time Chief Justice of the island.

Dr Mais advises to repeat tincture of cantharides in increasing doses, till strangury is produced ; and to continue it until blood is passed with urine. But its consequences are already stated ; and no remedy seems to me to have been introduced to notice, on an appearance of respectability so paradoxical.

The cases of Anthony Gutzmer and Adam Williamson, sent off the island for rebellious intentions, seemed to me to point out the extreme impropriety of raising the comforts of that class to a condition of luxury, without establishing on the mind certain moral and religious impressions. Had those men, raised to great respectability by the persons against whom they contemplated insurrection, been under the wholesome controul of moral and religious obligations, they might have been still in the enjoyment of that preferment in society which former conduct merited and received. But, under no such ties, licentiousness followed prosperity,—their minds did not cherish gratitude,—and they forsook duty for an ephemeral and monstrous conspiracy.

*April.*—Until about the 26th, weather continued dry ; sea-breezes so strong as to keep away from us a share of those abundant rains which fell so usefully in St

Thomas in the Vale. When it came, we had parched fields, dried ponds, and famished cattle. It was, therefore, acceptable to man and beast.

While dry weather continues, with high winds, for a length of time, it is particularly annoying in that country. A parched unproductive surface, affecting the breezes which pass over it, the flying about of a calcareous white dust in clouds, and its brightness on the roads, rendered additionally injurious to the eyes by a powerfully reflected sun.

In moderate rains, good roads are enjoyed in Jamaica; green fields on every side; sea-breezes, instead of being fiery and unrefreshing, retain that fine coolness which they had when in contact with the ocean; and, if we could divest ourselves of certain prejudices, such a climate as we have it in our power to enjoy there, in good weather, is superior to any that can be imagined.

Mr ——— had been a good deal in company, keeping late hours, smoking at night; and, as he was of a weak constitution, and advanced in life, he returned from Kingston, after having been feverish for two or three days there.

Though he admitted himself to be better, considerable depression of mind had got possession of him; and he could not be persuaded that he was likely to live much longer. No bodily disease could be discovered; but, about the seventeenth day from commencement of his illness at Kingston, a change for the better came on; and he continued after that time to recover.



My friend, Dr Skene, was called in on that occasion ; and conceived that the apprehensions which Mr ——— formed of his own case, comprehended the most formidable disease we had to combat, and that it often terminated fatally.

The period immediately antecedent to a favourable crisis was marked by a return of natural sleep, which he enjoyed, with little interruption, for thirty-six hours ; after which, he awoke refreshed, and his mind was more comfortably inclined.

A gentleman, under our care that month, with a typhus fever, had no pulse at his left wrist, a small one at his right, and could not vomit without producing intolerable pain ; on which account, it was better to give no medicine for that purpose.

W. S. a horse-breaker, advanced in life, was thrown from one in attempting to bring him to order ; the animal then fell on him ; his penis was much injured ; considerable bleeding ensued ; ulceration formed on the side of it, through which his urine passed. About the hypogastrium he had great pain ; and there was reason to apprehend that the bladder had been so much injured, as to prevent its contraction. Urine passed in a dribbling manner, and deposited a muddy mucous sediment. Soon after his arrival, dysenteric symptoms came on, and nothing given to alleviate or remove them had any effect.

He was a man of broken constitution. But supposing that obstruction in the urethra might proceed from stricture, a catgut bougie was introduced. It passed

on without much difficulty, and at last entered the bladder. Having thus ascertained the probability that injury had been sustained by the bladder itself, the bougie was withdrawn. In the evening of the same day a severe rigor came on.

In that case, a large blister was put to the sacrum ; tonics, diuretics, and opiates, were also tried, as the progress of symptoms would admit. But, generally speaking, it was a very unyielding case ; opiates allayed pain. A bowel affection, producing nausea and vomiting progressively, induced such prostration of strength, that little was left to be done. It is, however, proper to observe that, after application of the blister to the sacrum, urine was passed in a stream.

Abolition of the African slave trade bill being at length effected, on which event, various uncomfortable opinions were broached in that country, and many individuals suffered. But if a great public end is to be answered by it, they must yield, as generally happens on any such change. It seems to be still doubtful whether such a measure is humane, when the circumstances of Africans are sifted to the bottom ; for the imported African was carried from a country, where he lived in a barbarous state, to become a labourer, a more civilized being, and to earn a proportion of the profits of that labour to himself. At his own home, he was probably doomed to become the victim of war ; he lived in a perpetual state of uncertainty as to life and property. In the West Indies, his condition was immensely improved.

I am aware that, on the score of local advantages to negroes already in Jamaica, the cause of humanity will be promoted. When humane and interested motives are joined together, it is for human nature to admit that the former will be more fully and universally performed to negroes. Such must be additionally the case when no further supplies can be got from the African coast. Those who had the barbarity to contemplate on these supplies, at the expence of negroes already in possession, working them severely, clothing and feeding them imperfectly, will now find it their policy to take good care of negroes for selfish reasons.

For some time after I went to Jamaica, it was customary, on a few properties, not to encourage the rearing of children, on account of the loss of labour incurred by the mother's confinement, and the time afterwards required in raising the infant. It is manifest that these rendered the rising race very costly ; but a more vigorous set of labourers than the Africans generally become, was brought forward in the course of time.

Proprietors and attorneys will now increase their exertions to protect negroes. On every property, inducements will be held out to encourage the propagation of children ; which would be materially promoted by introducing marriage among them.

The language used in both Houses of Parliament is calculated to do a great deal of mischief. Liberty only befits a people capable of appreciating its enjoyments : The most dreadful horrors, and the greatest injury to



negroes themselves, would follow such doctrines in Jamaica.

*May.*—In want of rains to assist the active vegetation which is common at that season. They had been hitherto light, and unequal to that end.

Weather had been extremely oppressive and sultry ; heat almost insupportable ; much lightning and thunder ; sea-breezes very strong, serving to keep off many showers ; but, on the 30th, a determined contest seemed to take place between the sea-breeze and heavy clouds, likely to bear down on that part of the country from the line of mountains extending by the Governor's Mountain to Liguanea. At length the clouds prevailed ; and we had abundant rain, which, if followed up, would have saved the produce of many properties.

Some cases of catarrh and inflammatory sore throat occurred. A predisposing source might have existed in a humidity, proceeding from excessive rains, within a few miles of Spanish Town, particularly influencing the atmosphere, when north winds blew in the evenings.

The following account had been handed to me from the country. Several applications had been made, on an estate, by two or three negroes, to get arsenic to poison rats, which was denied them ; but, at length, an inexperienced book-keeper, in charge of the stores, delivered some to one of them.

The overseer indulged a disposition to amorous connexion with a handsome negro woman, adopted as the wife of a negro cooper, with whom she had lived as

such for some time. She was the mother of children to her husband ; and they lived together in a comfortable manner.

The woman declared herself unwilling to indulge the overseer in a wish so injurious to her husband's happiness ; but his orders were to be obeyed, and she yielded to his desires ; aggravating such acts, by insisting that she should altogether live with him.

It is painful to me to be obliged to add, that that woman's husband became the object of his resentment. He was annoyed undeservedly, for having expressed discontent at such invasions of his happiness. His life became a burden ; and, though his wife was the companion of the overseer's bed, plots for his destruction were in contemplation by that woman and the injured husband.

At that time, when the overseer was expected to return from the field in the evening, a quantity of arsenic was mixed in some lemonade, of which he generally drank freely. Before the overseer's arrival, a book-keeper came in, and had a draught. When the overseer drank some, he remarked, that it had an unpleasant metallic taste ; and fortunately detected it, before he had swallowed so much as to injure him.

The book-keeper felt unpleasant sensations at stomach ; but a brisk emetic was administered in time to remove every bad consequence. It is probable that, at top of the rummer, solution was imperfectly formed.

Suspensions were fixed on several negroes, and some of them made their escape as runaways. After an in-

quiry for the guilty person, it was pretty clearly ascertained that the negro woman, seduced from her husband, was the person who mixed the dose ; and it is highly probable, that if the overseer had returned very thirsty, seeking ardently for that which would allay it, he would have become the just object of vengeance, by forfeiting his life.

It is with feelings of reluctance that an instance of that kind is adduced, so unfavourable to the character which ought to distinguish every white man in the country ; and as I am persuaded that there are very few such, it gives an opportunity to shew how watchful attorneys and proprietors ought to be to prevent such abuses, and to make themselves of easy and friendly access to negroes, when they have any complaints to make.

Negroes are aware how much it is the intention of their masters, that they should not be disturbed by such shameful invasion of their domestic happiness ; but that, when connexions are formed, and decently conducted, among negroes, they shall meet with more marked support and favour. To afford them their rights at all times is expedient ; and respect, even regard, will be formed towards the whites. When transcendent good conduct is observed, and particularly a disposition to what nearly amounts to marriage, abiding by one woman, it is the duty of all whites in authority to protect and distinguish such persons by the highest marks of generosity.

Mrs M's. *Bessy*, about twenty-five, assumed those



appearances which precede the *mal de estomach*,—fulness over the head, vertigo, bloated countenance, her natural pure black colour impaired, eyes heavy and unmeaning, deficiency of red blood, yellowness of the ends of the fingers and clayish whiteness of the nails, palpitations of the heart, pain at stomach, cataminia regular.

For two months at least she laboured under these complaints. They were considerably aggravated by not attending to them sooner, and were complicated with hysteria.

The gum pill, combined with ipecacuanha, myrrh, and the sulphate of iron, was given to her three times a-day, with two ounces infusion of quassia; nape of her neck and stomach were blistered, to relieve the head; and her diet was of that nourishing description which had been formerly mentioned in these cases. In about two months from commencement of that treatment, she was considerably better.

Mr —, a gentleman who had been lately subject to much ill health, in a constitution shattered, and at a period of advanced life, was liable to weakness of his bowels; the *sphincter ani* had lost its power, and he was apt to pass his stools insensibly. He was put on a course of tonics, and anodyne starch enemata were of considerable use. His case was complicated with hypochondriasm, for which we recommended him to go to a settlement in St Catherine's Mountains; where he recovered astonishingly in a short time.

Mr M's. *Jack*, where there existed considerable inflammation in his eyes, an opaque speck on the lucid

part of the cornea of one of them. General bleeding, purgatives, collyria of zinc vitriolat. were used with little benefit, till some blood vessels were scarified, which seemed to be connected with the speck. This treatment was several times repeated, and some camphor added to the collyrium. The case occurred while under virulent gonorrhœa ; but he was quite well in about a month.

Mr J. M. a gentleman exceeding forty, of middle stature, light make, an industrious overseer, of most unexceptionable character, about three or four months before had been much subject to fatiguing walks in the woods, getting wet, and remaining in that situation for a length of time. In his way home one day, he called at ———, the late residence of Miss R. where he, and Mr T. in company with him, drank brandy and water. Mr M. was soon after attacked with spasms of his stomach, and vomiting. He said he had not been well from that period, and suspected that poisonous materials had been introduced into his drink at Miss ——'s. That suspicion he considered more probable, as Mr T. who partook of it, was seized the same evening with severe irritation of his bowels, nausea, and purging, from which he had not recovered.

Mr M. had unremitting pains of his loins ; want of appetite and sleep ; pains extending over the shoulders ; defective action of the bowels ; urine sometimes pale, and plentiful ; at others high coloured, and seldom less than that quantity secreted in health. He had lately felt more uneasiness when lying on his left side ;

but, on examination, it could not be discovered that there was increased size of the liver, or pain when pressed upon. Respiration easy ; pulse sixty, and regular.

Of Mr M.'s case it was perhaps impossible to form a certain diagnosis. Some gently aperient medicine was recommended to be occasionally taken. Camphor and opium, combined as a diaphoretic ; as an embrocation, camphor, opium, aq. ammon. pur. and oil of olives ; ordered to wear flannels next to his body. To these were added some tonic bitters, composed of cinchona with aromatic materials.

As his place of residence, from humidity, was objectionable, he was recommended to remain in the lowlands, and to be at the sea side as much as possible.

He returned in about three weeks with little abatement of symptoms. His strength had not declined ; but that harrassing and unceasing pain which he complained of had not abated. A warm plaster had been put to his loins by Dr Broke. A sitting up position in bed all night was his usual way of passing through it.

As overseer on Charleton estate, he was obliged to return to it in a few days. A black soap and camphor plaster, so highly recommended by Dr Perceval, was put to his loins and back ; but he imagined it caused so much pain at the surface, that we could not prevail on him to wear it longer. His bowels were opened by extr. colocynth. c. An anodyne, with camphor, was taken every night while he remained there, and some colomba and cinnamon powders during the day. He passed a



few days more comfortably under that treatment ; but he was under the positive necessity of returning to the estate.

It had been stated to me that, some days after Mr M. returned to the estate, he was driving out with a friend for exercise, when nausea came on ; he vomited a viscid blackish liquid, which was probably a quantity of vitiated bile, added to the morbid secretions of the stomach.

That poison should thus affect us may seem extraordinary ; yet it is not improbable that mineral poisons, taken in small doses, might produce the train of symptoms described in Mr M.'s case ; and it is notorious that, at the property of ———, negroes are celebrated for artfully administering poison in secret.

Negroes are not only acquainted with the mineral, but with vegetable narcotic poisons they are intimately so.

Mr M. continued a few weeks on the estate, and, being no better, determined to embark for America. He took shipping ; but died soon after.

In the wormy case of a girl, from five to seven years of age, she was mismanaged, by carrying her about for change of air, when she should have been taking vermifuge medicine. She got ascites and general dropsy ; which destroyed her. After death, many worms crept out at her nose and mouth.

Mr E.'s case afforded an instance of the favourable nature of fever in new comers at that season. He imprudently took an antimonial emetic from a woman.

His stomach was left in such an irritable state, that it was with difficulty relieved. A favourable crisis was observed on the eighth day.

*June.*—During this month, rains were so trifling, that they did not in any degree promote the progress of vegetation; atmosphere in general extremely oppressive; sea breezes irregular. In the interior, they had seasonable rains.

Though the time of the year was favourable for vegetation, want of moisture puts the inhabitants to every inconvenience that accompanies dry weather in that country. In place of refreshing green fields, spreading a pleasant coolness around, we had nothing to look at but brown sun-burnt meadows; and the breeze passing over them imbibed a fiery property, extremely offensive to our senses.

On the 28th, had several heavy squalls; they continued on the 29th. For a day before, the clouds looked unusually heavy and disturbed over Liguanea, Port-Royal Mountains, and Old Harbour.

The shipping at different parts suffered a good deal.

At the latter part of the month, considerable variations of temperature were experienced, and our systems were less capable of resisting their morbid tendency, on account of relaxing effects, which extreme heat, and an oppressive atmosphere, naturally produced.

Some cases of inflammation of the throat occurred, attended by aphthous specks on and surrounding the tonsils. Fever was seldom observed; but general pains

over the body, in nape of the neck particularly, was an universal symptom ; a dry tickling cough was troublesome, but not attended by pain of the chest.

These cases yielded to cooling laxative medicine, diaphoretics, paregoric, and gargles of allum, honey, or borax, sharpened by the diluted acid of vitriol. When these affections were subdued, a good deal of weakness remained, which was successfully treated by bark in powder, or in decoction, as circumstances of constitution indicated.

In a case of neurosis, which it might be unfair to pronounce as hypochondriac, an elderly woman complained much of fullness about her head and cloudiness of vision. She was also dyspeptic, and undergoing a course of medicine for that part of a complicated disease. Her arms had issues put in each, from which a considerable discharge proceeded ; blisters had been applied to the head and neck previously, without any permanent effect ; but she had been considerably better since they discharged freely.

In several cases of persons advanced in life, who had reasons to fear palsy and apoplexy, issues in the arms have been found of considerable advantage.

Europeans are not aware of the extent provisionally made and secured by the laws of Jamaica to negroes, and that which prevents begging, by the enforcement of a legislative measure, so favourable to negroes, and pleasant to any country. It is worthy of admiration ; and discovers the humane principles on which these laws have been founded.



If a negro is met with in the streets, or any where else, in a state of privation, by want of clothing or of food, inquiry is made for the proprietor. The negro is in the meantime fed ; and the proprietor may be severely punished, for allowing him, if unfit for labour, to be in want ; and he is fined, or desired to be more circumspect in future. The consequence of this law is, that very few instances occur of begging, unless among free people, reduced by disease, and having no master to provide for them.

The importance of such a provision is commonly held in that estimation which it deserves. It has been already shewn how comfortable an industrious well-disposed negro may be under a humane proprietor. When he is sick, medical aid, nourishment, wine, &c. are abundantly bestowed on him. In health, he is under the protection of his master ; and, if his freedom is offered to him, he prefers his situation, with those advantages belonging to it, to any which the other can afford.

A negro's policy, in often declining to accept of freedom, is equally true, as it is wise in him to do so. A free black, for instance, often indolently disposed, has nothing reserved for sickness or declining years. In both these, a negro, the property of a master, is already secured ; and free negroes, under illness, privation, or sickness, have been often heard to deplore that disadvantage, and to wish they had a good master.

An instance occurred to the author, who was disposed to procure freedom for one of his negroes he

carried to England as a servant. But he did not wish for it,—aware that, under a good master, every necessary of life was better secured to him.

*July.*—The partial and trifling rains we had that month, were unequal to our wants of that necessary article. Provisions scarce, and could be only procured with difficulty for negroes. The Kingston flour and provision market was necessarily resorted to at an extravagant rate ; and, when got, was neither such an acceptable nor healthy food to them as that which they themselves raised from the soil.

Our dried up atmosphere, unrefreshing breezes, and extreme heat, continued to oppress us even in the night, when we had before cool norths, at least to render the hours of repose a little more tolerable. Such a state of weather is more calculated than any other circumstance to weary and disgust the European with the island, and to recal to his mind those comforts which he left the enjoyment of, on hopes and expectations so often abortive.

Remittent fever had been more common that month ; diarrhœa, sometimes degenerating to dysentery, prevailed.

Some cases of fever occurred among free people of colour, which it was said underwent the course of malignant causus ; but I met with no such fever during the month.

Among negroes, and the poorer classes of free per-

sons, diarrhoea and dysentery varied considerably in their severity. They did not enjoy that food more particularly suited to health. Ground provisions were scarce ; corn, meal, flour, and salted provisions, made their principle diet ; which they disliked, viewing them comparatively as food.

The alligator or avocado pear, when in an unripe state, is sometimes unaccountably used as food, as it was that month, by inconsiderate or ill-disposed negroes, when it must have had a most injurious tendency both against the stomach and bowels. The kinnop was also nearly ripe, and, in that state, productive of great mischief. Children often got them, and they occasioned disorders of the bowels, which had been exceedingly troublesome.

The mango tree, introduced from some of the South Sea islands, is very generally raised throughout Jamaica ; and possesses grateful qualities as a fruit, while it has been also found that it is highly nutritious.

Mr ———'s was a case where irregular accessions of fever came on, while there were reasons to believe that disease of the liver had been forming, indicated by increased secretion of vitiated bile, heaviness, and obscure uneasiness in the right side, stretching along the course of the liver. In the mean time, the effects of mercury were slightly kept up, and change of climate to England as soon as possible was adviseable.

In incipient cases of hepatitis, there is in general an inflammatory affection, for which bleeding and blister-



ing must be speedily used; but these may be more particularly noticed when such come within our treatment.

Mr ———, whose name has been introduced in these memorandums, on an occasion highly creditable to his character, made a marriage of a mercenary nature, and to an elderly woman. It brought on him the contempt of his friends; he was ill-used by the woman, separated from her, and became broken-hearted; resorted to drinking, which brought him to a premature grave.

*August.*—Until the 27th, suffered severely from dry weather; but, on that day, very heavy rain came on. Vigour was thus given to a state of hitherto suppressed vegetation, which it was delightful to observe; but it is astonishing, under the heat of that country, with sufficient moisture, what a day or two at that season will do, when vegetation has been backward.

The unpleasant and unhealthful nature of the preceding months, producing extreme relaxation, disposed persons to be sickly; and, as a reversed state of atmosphere is experienced, a few cases of phrenitis, one of yellow fever, remittent fevers, diarrhoea, and dysentery were met with; but they did not prove incurable in any case but that of yellow fever.

Mr ——— came under my care at various periods during practice in St Thomas in the Vale and Spanish Town. He was an extremely hard liver; and, though of robust health, it was evident that considerable in-

jury was done to his constitution. It was highly probable, from his colour, that hepatic disease had established itself. Gouty attacks became more frequent; and, of late, a paralytic affection had impaired the use of his hands. Frequent copious coliquative sweats and diarrhœa had taken place.

These symptoms continuing with increased severity for about a month, his stomach began to reject every thing, singultus succeeded, and eructations of an acrid bilious nature were often thrown up. His skin got exceedingly yellow; and he held out longer than a person of ordinary constitution could do, till about the 15th September.

That case presented an instance wherein our treatment could be only directed to palliative symptoms. It was evident that the stomach and intestines were in an incurable state, owing to that mode of hard living which the patient had indulged himself in. Gouty diathesis also existed: through the medium of the stomach no remedy could be attempted. External stimulants, such as rubefacients to the extremities, to invite gout, had little effect.

Such cordials as were least likely to disturb the *primæ viæ*, or had a tendency to restore their healthy functions, were given,—of which opium was the most frequent in use.

These memorandums will sometimes furnish an admonition to the young practitioner, if not to the old, that our imperfect knowledge of the animal economy, and the progress of disease will shew us, that it is our

duty to favour the salutary operations of nature; and that they sometimes discover themselves when a prognosis has been too rashly given, and perhaps unluckily acted upon, that the case is absolutely incurable.

The Milk River bath waters, taken internally, and by warm bathing, had been extremely useful in a case where syphilis was suspected to be combined with chronic rheumatism.

Mr ———, a young gentleman about seventeen, a Creole, but educated in England, and had been there most of his days, about twelve months in Jamaica, of an active disposition, and rather plethoric.

*Aug. 8th.*—Complained of fever, considerable affection of his head, sickness at stomach, but no vomiting. Pulse frequent, and contracted, belly costive, tongue foul. Got some calomel, jalap, and antimonial pills.

In the evening, the pills operated powerfully; he likewise vomited a considerable quantity of thick bile. Pulse not so frequent, but in other respects as before. Has had an infusion of salts, and at bed-time an opiate.

*9th.*—Felt himself so much better that morning, that he was up, and complained only of slight headache; but his skin felt warm, and his pulse had the same character as before noticed; tongue dry and white.

The laxative pills repeated; and, whenever he felt himself free from feverish heat, to take bark decoction freely.

At noon, found him in bed; fever increased; complained of a degree of tightness under the *scorbuticulis cordis*, extending to the pit of his stomach; belly open;



skin hot and dry; thirst increased; nausea; a dram mercurial ointment rubbed in every three hours.

At night, fever and headache continued; thirst increased, belly open, tongue dry; pills had been continued, to keep the bowels open, with addition of a little camphor; saline mixture several times rejected; eyes extremely turgid, and headache severe; a blister of large size put to nape of his neck.

10<sup>th</sup>.—Had a bad night; vomited frequently, and was extremely restless; skin dry, thirst severe, belly open, tongue parched, face not much flushed, eyes adverse to light, and their vessels turgid; blister rose well; and said the headache was much better. When an attempt was made to sit up in bed, he became giddy; took effervescent mixture; had two grains calomel and camphor every second hour in pill; a grain and a half of opium, to allay irritation of stomach; continued ointment.

At noon, retained his medicine, and perspired generally; to have a bark enema, with ten drops laudanum, every third hour; continuing the camphor and calomel pills as before.

At night, vomited often, since the former report, whatever liquid he had taken; tongue dry, white and red at its edges; countenance much flushed; eyes turgid, but more tranquil; perspired very copiously, and did not complain of headache; respiration laborious; pulse so frequent and indistinct, as not to be numbered; sighed frequently; hands cold, and covered with sweat; feet warm, and moist. A blister put to his sto-

mach about five P. M. ; pills continued. Skeete's bark infusion administered frequently, but nearly as often rejected. Adroo tea had been of no use. To the decoction, diluted acid of vitriol was added, to obviate vomiting ; bark enemas continued.

11th.—Passed a bad night ; vomited frequently his common drink, sometimes mixed with bile ; breathing easier ; perspired during the night ; countenance flushed ; felt warm, and complained much of unceasing thirst ; tongue dry, and parched ; passed several bark glysters early that morning ; perfectly consistent ; said that his headache was gone, and complained only of debility. His hands had a natural warmth, eyes turgid, countenance pretty good, pulse so frequent as not to be numbered ; calomel omitted, because it purged ; took two grains opium that morning ; used camphorated julap, bark infusion by the stomach, and bark powder enemas ; mercurial ointment continued.

At noon, bark was so much nauseated and rejected that it was omitted. Had taken some light vegetable nourishment, such as sago, and the like, with brandy, and retained it pretty well. Face continued flushed, and felt hot ; said he had no headache, or unpleasant sensation at stomach ; belly open ; he passed green bilious stools ; skin rather moist, tongue a dirty white encrusted colour, but red at its edges ; complained much of want of sleep ; pulse might be about one hundred and sixty, still irregular, sometimes indistinct ; stomach very irritable ; nourishment, well seasoned with a little brandy, was tolerably retained, by small cupfuls at a

time ; the eyes discovered a yellowish hue, and along the neck those yellow dirty streaks which too often mark the progress of that disease. Bark glysters continued ; an opiate at night.

At night, no appearance of material change from noon. His pulse could not be numbered ; skin very hot ; with his nourishment, brandy to be freely mixed.

12th.—Had an indifferent night : some bleeding from his nose ; no fæces with the enemas he had passed ; after taking some mixture of confect. aromat. and æther, vomited a good deal ; his countenance had undergone a melancholy change ; skin more yellow ; his eyes, before turgid with red blood, had, at that time, a darkish hue ; tongue dark, dry, and little moisture on it ; thirst severe ; skin hot ; pulse so indistinct, small, and quick, that it could not be numbered. An appearance of confusion expressed by his countenance ; but he had a hasty-anticipation of any questions put to him ; his look desponding, but there was no such feeling expressed ; on the contrary, he said he only wanted sleep to make him well ; continued the æther mixture, bark enemas, and ointment.

Ten A. M. appeared in every respect to be worse ; articulation in speaking defective ; yellow appearances increased ; hands and arms cold ; feet less so ; tongue dark and dry ; pulse so frequent, small, and indistinct, that it could not be numbered. Had taken nourishment, with brandy, without vomiting, till about nine that morning, when he brought up at least a pint of a coffee-coloured turbid liquid. Eyes looked wild ; he



was watchful, but unconscious of danger ; remedies continued.

Twelve noon, seemed to be insensible ; but had taken some beef-tea and toast in it, with an appearance of appetite ; took bark infusion, with cinnamon and a desert spoonful of brandy, frequently in some sago or gruel. Pulse much in the same state ; hands cold, and wet with perspiration ; skin generally moist ; stimulating cataplasms were applied to the ancles, feet, and arms ; camphor to be added to each of the enemas, and twenty drops of laudanum, every third hour.

At night.—From noon had been extremely ill ; delirium increased ; extremities cold, but continued to take nourishment with a larger addition of brandy ; countenance still flushed ; yellowness increased ; pulse more feeble ; blisters placed to the thighs ; continued remedies, and in other respects as before.

13<sup>th</sup>.—Had a bad night. About twelve, he became outrageous, and force was necessary to keep him in bed. On that morning, quieter, but incoherent ; pulse much as before ; several petechiæ appeared on his body ; tongue moister, and not quite so dark ; his bark mixture had some of the extract mixed up with it, and vitriolic æther ; otherwise as before.

At noon,—much as in the morning ; pulse more feeble ; delirium continued, though not so violent ; countenance flushed and warm ; eyes turgid ; yellowness much gone in them ; took nourishment, with brandy, and asked for a glass of wine, and got some Madeira ;

hands cold ; picked at his bed-cloths, and more confused than before.

Between four and five P. M.—On going to see him, he seemed in great agitation. He could scarcely be brought to understand a request, often made, to shew his tongue ; and, when done, as he was perfectly inclined to do whatever he could understand as a request, it was with considerable difficulty we got him to take it back. The pupils of his eyes were immensely dilated ; convulsive struggles were made, which increased until the thread of life could be no longer held ; but, about an hour before death, he again vomited a considerable quantity of the same kind of blackish liquor as he did before.

He died about seven P. M.

This melancholy case was one in which any man must have felt himself particularly interested. It is a deplorable circumstance in life, to see the young, healthy, handsome, and engaging European, in the vigour of life, interesting as they peculiarly are by the combination of accomplished manners, the blooming and fresh countenance, and moving in all the gaiety of life, admired and caressed, to be thus cut off, at an early age, in the short period of six days.

These are scenes to which the medical practitioner is much accustomed in that country. While he exercises his faculties to the utmost, giving due personal attention on the numerous changes which characterise such diseases, his next duty is perhaps to communicate to

his profession the result of observations made at a patient's bed-side, or arising in the mind, when he is forming the narrative of a case, so much fuller of apprehension than a favourable event.

To the detail of such cases as Mr B.'s the author requests attention from the young practitioner before he enters on his duties in the West Indies; and when, in the commencement of practice, he looks over some of them, he will probably find consolation to proceed, from the discovery of certain symptoms similar, and requiring remedies of the same nature. Let it not be imagined, however, that these notes profess to contain a resource to commencing practitioners, where cases precisely similar to that which they will meet are to be found. That is an *acme* to which nosologists acknowledge they have not reached; and the diversity of symptoms in a disease, varying under circumstances of constitution and other causes, very evidently discover obstacles to complete arrangement, which the limited nature of human understanding will probably never reach to.

It is, therefore, adviseable for gentlemen entering on the important duties of medical practice, while well stored with those qualifications which study and a liberal foundation have given them, to commence medical memorandums of practice. The comfort they will feel in doing that, and the advantages likely to be afforded to those under sickness, who come into their care, will be a source of satisfactory reflection, which the im-



portance of their duties, and conscientious fulfilment, can only inspire.

Miss S.'s *Caroline*, in pregnancy, was the first case that occurred to me of the *liquor amnii* escaping in considerable quantity about three weeks before her time of labour. But Denman and others observe it. When it became tinged with blood, delivery soon after took place. The child was at its full time, and did well.

Mr ———, about thirty, of a plethoric habit, corpulent, and rather short chubby necked. His family had been short lived; went off generally about his time of life; many of them apoplectic. When sick, he was under great apprehensions. He got fever that month, with headache uncommonly severe; eyes turgid, and disposed to avoid light; pulse about ninety, and full.

On common occasions of remittent, bleeding had not been lately resorted to, though many circumstances conduced to give me a favourable opinion of its efficacy, when prudently adopted. Mr L.'s case seemed to me to be one of them. A vein was opened in the arm, and about twelve ounces of blood soon came away. The result fully justified what was done; for, with other medicines usually given in such cases, he was sooner well than we commonly find in examining the progress of remittent.

M.'s *Johnny*, a negro boy, was an instance of the diabolic spirit which we sometimes find in that country among negroes. He was treated as a pet; but fond of spiritous liquors, and sometimes got intoxicated. In

that state, he was cross and unmanageable. To be reproached with impropriety of conduct, or threatened, he inflicted some wound on his own body. He cut his throat once, nearly to death. At another time, when his master found fault with him, he laid hold of him with his teeth by the arm, gnawed and lacerated the parts much. On a more recent occasion, when found fault with, he knocked his head against stones, walls, &c. giving himself such wounds as to endanger life; but his skull was so thick, that the brain was not injured.

The vultures, or carion crows, of Jamaica, present themselves in great numbers, flying familiarly about, to take up any dead animal materials that may be perishing in the streets; and most useful animals they are for such purposes, in a country where they must otherwise become offensive, by infecting the atmosphere, and proving a source of disease to the inhabitants.

The male carion crow, or vulture, has been known to cohabit with the dunghill hens; but it has been ascertained that the hen dies in course of a few hours after. It is also a singular circumstance of the carrion crow's carcase, after death, that it will not be touched by any of the carnivorous kind; even ants, so active in carrying off animal flesh, will not meddle with it.

*September.*—That month had been exceedingly stormy, with heavy rains, lightning, and thunder.

A long continuance of dry weather until the end of August, followed by a succession of heavy rain, pro-

duced an astonishing change on the face of the country. The effects of dry weather have been mentioned ; but its extreme beauty and luxuriance, at this season of the year, is perhaps beyond the powers of description, when vegetation is arriving at its height, sufficiently matured by the aid of moisture.

Cattarrh and pneumonia prevailed during the month. Such heavy and continued rains as we had, account for the predisposition to complaints of that kind ; and one case of tetanus *a frigore*, in a boy, terminated fatally in two days.

Fevers in negroes assumed a protracted character, which had not been hitherto met with. Typhous symptoms succeeded those of continued fever. In Mrs P.'s *Sally*, a crisis from fever did not come on before the twenty-first day. In some other cases, it was protracted to the twenty-fourth, and even to the twenty-eighth day.

Mr M.'s *John* was a case of elephantiasis in the foot, and a fungous colour in the lower part of the leg on the same side,—a case certainly unpromising for amputation, as the unlucky man's constitution was much impaired. He was extremely desirous to get rid of the limb ; and we got his system into as good a state as possible, that he might have every chance of recovery and permanent cure.

He underwent the operation well ; and his recovery, though tedious, was accomplished in about six weeks. He felt more comfortable in many respects than he did before.



Elephantiasis, so much prevailing among negroes in the West Indies, is generally considered a constitutional disease. Its definition may be seen by a reference to CULLEN's *Nosology*, p. 87.

Any attempts made to cure it have been in general unsatisfactory ; and perhaps that course most to be recommended is, to keep the patient on the occasional use of calomel and jalap purgatives, tonics, such as bark, the preparations of iron, and a nourishing wholesome diet. Sea-bathing, under such attention to other circumstances, will be useful to promote more healthy action of the absorbents of the part. Arsenic has been used with apparent benefit, but at the expence of injury to a patient's strength ; and no radical cure was made by it.

Miss L. gave us an instance of ophthalmia, which, it is believed, proceeded from a rheumatic affection of the head. As her case was thus complicated, cold applications were considered improper. They had been used, however ; and the affection was unyielding, till camomile fomentations, with *spiritus Mindererus*, were adopted in their stead.

Mrs T.'s case presented one of those where irritability of stomach in pregnancy became so troublesome ; and, in any other situation, it would be extremely alarming. But it is astonishing what women can undergo in this state. Some anti-emetic medicines, such as mixtures of æther with carbonate of magnesia, were of more use than any other. It was necessary to choose nourishment of that description most acceptable to her

stomach ; and changes of diet should be regulated so as to meet the wishes of the patient.

In these cases, considerable hopes have been always held out that females are peculiarly capable of withstanding the weakening consequences of long-continued irritability of stomach. It is true that they are so ; but, in the robust as well as delicate, we must be anxious to look for such means as are best calculated to maintain strength in pregnancy. It is obvious, that unfortunate circumstances and events may follow a state of extreme debility, where a female has likewise to undergo a tedious labour, or one which may require instrumental assistance. In these circumstances, which may occur, or, at any rate, as men, anxious to assist the feeble frame of those in whose sympathies we must participate, let every medical practitioner guard the strength of his female patient to that period when, God knows, fortitude of mind, as well as bodily strength, are necessary, to relieve her from a struggle so critical.

*October.*—Though rain had not been so heavy, wet weather prevailed throughout the month ; during the latter part of it, north winds. The change to a coldness of atmosphere, evenings and mornings, when they blow, forms a severe contrast to that excessive heat we undergo during the day-time.

A comet had been discovered to the north, taking a westerly direction.

The prevalence of north winds increased pre-disposition to disease ; sore throats, but of no malignant form ;

remittent fevers ; few intermittents ; dysentery ; coughs in children.

A child, named *Robert*, the property of J. H. was so near the bed-side, that he fell on the floor ; and it was remarked, for some time after he was taken up, that he cried very much. On my being called to him, the *os humeri* was found dislocated from the shoulder joint. It was easily restored ; and he got well.

Miss P. a young lady, who had been in the country about twelve months, got fever in the usual form ; a favourable crisis came on the eleventh day. Her stomach, for several days after, was adverse to every kind of nourishment, which made us think that something must be wrong. There was an inactivity of the *primæ viæ*, a listlessness, and indifference to herself, unusual after fever. But more minute examination discovered that bile was secreted to an excessive degree. Brisk mercurial purges were administered, and warm aromatic bitters. Change of air, how soon her strength permitted ; and she got well.

Mr ———, a gentleman of considerable prospects in the island, but for some time before residing in America, aged twenty-one, came on a visit to his friends, accompanied by a young lady, his wife, about nineteen, an American. While in Clarendon, a fever seized on him. For a week he remained there under the care of a practitioner ; and, fearing he was likely to get worse, desired to be brought to Spanish Town, for attendance he confided in more,—a distance of twenty miles, exposed to extreme heat, and the



fatigues of a journey, under fever. It was an attempt of great imprudence. He arrived extremely fatigued; and his disease assumed a most alarming type. In five days from the date of his arrival, he was no more.

Mr ——'s case is here introduced, as an unfortunate example of the impropriety and fatal consequence of a person moving, under such circumstances as he had to do, in a state of fever. It is probable that extreme heat, fatigue, &c. acted with peculiar severity on the brain, naturally in a state of great excitement, under fever; that effusion therefore supervened, and death.

*Susanna*, a little girl, about twelve years of age, had remittent fever, during which she discovered symptoms of globus and hysteria. A disposition to vomit, and a crawling sensation in her throat, induced me to give her ipecacuanha in small doses, combined with calomel, by which several worms of the teres kind were brought up. With mercurial purges and cow-itch, they were also passed by stool.

Miss S. a girl about twelve years of age, of uncommon corpulency and short neck, had made a journey of about fifteen miles; and was seized with an apoplectic fit the same evening, of which she died.

These memoirs afford many observations to shew that most of the diseases to which Europeans are liable in the West Indies, discover themselves at first by increased secretions of unhealthy bile, which derange the salutary functions of the system. Of these, however, that consequence, which consists in derangement of the

mental faculties, without forcing the sufferer to confine himself, is one of the most melancholy. It is additionally so, when a premature or ill-considered opinion is given that the mental affection is constitutional, while a professional man of discrimination and experience would perceive its origin ; keep the patient quiet, administer a few purgatives ; in some instances, bleeding may be adviseable. But, thus treated, he will turn out to his duty in a few days, in a state of recovery.

The various complaints of tropical climates require local knowledge and experience, which reading may assist ; but attentive observation, and records of experience, will afford facilities in practice, which I can affirm are eminently useful.

*November.*—As usual at that season of the year, weather much cooler during the night and in the morning ; in general, at noon, about seventy-four degrees. In the day time we suffered exceedingly from heat ; and had little rain during the month.

It has been remarked, on many former occasions, what diseases our systems are peculiarly predisposed to at this season of the year ; and the uniformity that may be found to exist in this respect, through these memorandums, justify the conclusions drawn therefrom.

In a case of worms, the motions were of that appearance described before, wherein it was evident there were broken pieces, which came off with fæces.

Master J. B.'s case of fever, a boy about five years of age, of a weakly irritable habit, protracted itself to the third week ; then assumed an intermittent form ; its



accessions so irregular, that no type could be applied to it.

Mr ——'s was a very common case in that country. He was of considerable standing in it; rather inclined to corpulency; of a bilious constitution; and his occupations sedentary. It was probable that hepatitis, or diseased liver, was forming, in that slow but insidious manner too, certainly insuring the result. He was treated by mercurial purgatives and calomel, with squill, when he could be prevailed on to believe that he was ill.

Mr ——, a young man, generally healthy, had laboured many months under a complicated disease, which had lately been aggravated by dysentery, tympanites, and very bad nights. His respiration considerably oppressed; pulse small and frequent; tongue white, and a little dry; extremely desponding, and said he did not expect to recover.

That gentleman was of a most economical disposition. To avoid the expence of medical assistance, he went for change of air to a mountain situation, where matters became worse with him; and he was obliged to return, to place himself under our care, in circumstances more critical, and at an expence which would, in the earlier stage of his complaint, have been comparatively trifling.

The functions of the *primæ viæ* seemed to be almost entirely suspended. An evacuation of unfavourable description had taken place once in four days, with an irritable stomach. As to any medicine, we found, after several trials, that an infusion of Epsom salts with



*lignum quassiae* was best retained, and had the desired effect. It was assisted by emollient and cathartic enemmas ; fomentations to the belly, &c.

Ipecacuanha, combined with aromatics and the expressed oil of nutmegs, was extremely useful. The case continued to undergo various changes for about a month ; while a miserable disposition was often discovered to save the expence of what was recommended to him. That unfortunate turn of mind extended even to avoid the flannel clothing, which he so much wanted. He got well ; and I was extremely happy to take leave of him.

Mr ——— happened to be under my care in St Thomas in the Vale several years before, when he contracted a dropsical complaint, which appeared under the character of *anasarca* ; but ascites had also made considerable progress.

About that time digitalis was coming into use in the country ; and my partner, Dr Clarke, very properly considered this a case in which it should be tried. Directions were sent with the medicine, but lost ; and Mr ——— determined on trying, from his recollection of the Doctor's directions, the use of the medicine.

He commenced by doses larger than common ; and repeated them till he felt himself nearly exhausted. Fortunately, however, he had been in want of medicine to open his bowels, and the digitalis acted in a very powerful manner. While that effect was produced, his urinary secretion was unceasingly going on ; and, in twenty-four hours, he declared he parted with about three gallons.

In about two days after I called, and found him, though weak, free of swelling, and much better than could have been expected, after what he had undergone. He was recommended a tonic course, of which the oxyde of iron, camphor, and ginger, constituted a part. And he recovered a good state of health, which he enjoyed for several years.

That man, of a class who labour in the fields in Britain, emigrated to that country, where, by his industrious and sober habits, he raised himself to the situation of an overseer. In that station, he was comfortable; but removed from Meikleton, for reasons known to his employers; for he was sober, and of strict honesty. He was sent to a charge of greater extent at Dirty Pitt. On account of other changes, he was removed from that place; and the man's mind became fretful and discontented. In possession of a sum exceeding a thousand pounds, he might have found his way to Britain, and lived there; but that had no share in his wishes. He became hypochondriac; died soon after, leaving that money, the relick of an industrious and decent life, to a stranger.

Having paid some attention to the eventual consequences of men, such as Mr M. being placed in higher situations than the condition of their earlier years pointed out to them as their natural lot, it has appeared to me that, for happiness in this world, it is better to keep in that sphere which our forefathers held, or at least to be anxious to rise only a little above it.

Such a conclusion may seem singular; but numerous examples could be adduced in support of it; so that

the conviction of its truth is considerably impressed on my mind.

The unfortunate event of a case, in which a lady of great beauty and accomplishments was taken ill, interested me very much ; and my attendance was consequently rendered, under all those feelings of interest and duty which such an occasion naturally inspires.

Mrs —, it is painful to remark, has occupied too much of these pages. She had been in the family way ; and, from her own account, was delivered at eight months, after having several rigors for two or three days before. Her complaints became complicated with symptoms of malignant causus. Every care was taken of her ; but in three days more she sunk.

Mr —, a young gentleman, after being about two years in the country, got the malignant causus, which consisted of one paroxysm of ardent or continued fever for nearly three days, when the low state described in former cases came on. Nothing could save him from it ; and, about the termination of the fourth day, he sunk.

In his case, it was attempted to introduce mercury, to affect the system internally and externally by frictions, but without accomplishing the important object. It appears, indeed, that the absorbents become inert at an early period of the disease, when under that determined malignant type peculiarly characteristic of the two cases recently mentioned.

It may be observed here, that the year had been more remarkable for cases of yellow fever than any we had since my admission into practice ; and it would be well, so far as caution and judicious treatment will go, to



make the practitioner aware, that it is adviseable for him, in the onset of fever, to regulate his treatment by those decisive measures, more likely to combat such a destructive disease.

Mr E. L. a man exceeding fifty, of considerable standing, felt his stomach and bowels in a deranged state, and would prescribe for himself. He found it difficult to excite vomiting ; and went a great length, by repeated large doses of tartarised antimony ; the last of which was twelve grains. When vomiting came on, it could not be subdued ; and, in that state, when stupor, stertorous breathing, and other appearances, were observed, we were called in ; but too late, for he died in a few hours after.

Mrs ———'s *Mary* was a decided case of typhus, under a combination of unfavourable circumstances, which terminated in a crisis on the fifteenth day ; and she recovered.

In malignant causus, and cases of remittent, blended with symptoms of it, the external application of bark powder, either rubbed over the body, mixed with brandy and spices, or made into a jacket, and applied to the surface, has been used in the island. As to bark frictions, they are often insisted on by the officious attendants, who irresistibly pour in where they are not positively excluded, and will sometimes do things that are extremely improper. But the bark jacket seems to be a still more sweeping remedy, where better expectations might be entertained from those advantages which the admission of atmospheric air affords in fever.

*December.*—The weather that month had been of a moderate kind, with north winds usual at the season of the year, though marked by a great calamity to the country. An epidemic pleurisy had made dreadful and destructive progress among the negroes. But, for that disease, the state of the weather accompanying, and other circumstances concerning it, I must refer to the end of this work, where it will be introduced in a more connected manner.

In a case of advanced life, where a gentleman was gouty, appearances were much in favour of his recovery, when his bowels got into a state of great relaxation, which continued with little abatement until he died.

Such an event may have been a consequence of disease; but as he was unusually well just before, enjoying his food, recovering strength, and in good spirits, it is right to convey my suspicion, that, having indulged in eating a quantity of pickled cucumbers, he was soon after affected by diarrhœa, and never recovered it.

An old lady exceeding eighty, Mrs I. was obliged to take occasional laxatives. She contracted a slight catarrh; and it became necessary to give her some medicine. In course of one forenoon, beginning early in the morning, she had two drams compound powder of jalap; a half pint senna infusion was afterwards taken in repeated doses, which only produced two motions. This inactive state of the bowels is peculiar to warm climates, particularly the West Indies; and we must, in such cases, fearlessly proceed, assisted by enemas, until that necessary effect is produced.

In puerperal cases, the epidemic catarrh had been attended with great danger; and in several instances proved fatal. Bleeding was found extremely necessary in all such cases. Blistering, though unfavourable, particularly before delivery, was necessarily resorted to.

An opinion was offered last month on the probable inefficacy of bark jackets in certain fevers, which seems to be additionally probable, on account of the inert condition of the functions of the skin. Indeed, it is too probable that, if we give any weight to the operations of a healthy tendency going on, that this machination of art may be extremely injurious. Dr Lind, in his excellent book on Diseases of Hot Climates, says, that, in agues, children may have bark applied externally to the stomach and surface in different shapes; but does not apply the remark to malignant causus; and does not speak of it with any confidence, or in terms of commendation.

END OF VOLUME FIRST.

















